



FEELING STRESSED? BORED? MISSING YOUR FRIENDS?



WEEKLY VIRTUAL HANGOUT FOR MIDDLE SCHOOLERS




CALL NOW! BEGINS JULY 13!

This group, for clients 11-13, meets weekly on Mondays at 6:00pm online for 60 minutes. Half our time will be spent discussing and processing feelings and learning about coping skills. The second half will be spent doing an interactive activity or playing a game.



This group is great for tweens and young teens who:

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- Miss seeing friends or kids at school
 - Struggle with social skills or making friends
 - Want a safe place to talk about stressors
 - Feel bored or lonely/seem closed off



Contact BZA to register your child for this exciting group!



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BZA behavioral
health

