



Teen Stress Support Group

Offering A Variety of Stress Management and Coping Strategies for Students:

Meeting on WEDNESDAYS from 3-4pm

STARTING FEBRUARY 7TH-28TH

@ Wallingford Public Library – Collins Room

Contact Youth & Social Services @ 203-294-2175 or the public library for more info.

We suggest registering at youthprograms@wallingfordct.gov however walk-ins are welcome.

IN THIS FREE, FUN, INTERACTIVE SUPPORT GROUP YOU WILL:

- **Identify stressors and learn coping skills**
- **Develop strategies to minimize stress and anxiety**
- **Be provided with tools and resources to maintain stress relief goals**