

# Stress Less and Self-Esteem Building Groups!

Youth ages 8 and up (including preteens and teens) will learn how to...

- +Reduce stress and anxiety*
- +Manage emotions*
- +Improve social relationships*
- +Decrease school- and test-related anxiety*
- +Use positive self-talk*
- +Understand triggers for their anxiety*
- +Learn relaxation strategies*

...and more!

*Our groups provide a safe, confidential, and encouraging atmosphere for youth to share their common experiences!*

Using mindfulness and cognitive behavioral techniques, kids will learn coping skills that will help them to prevent and solve future issues. This group setting helps to normalize experiences and create healthy habits for life!

**When: January 27th - March 23rd.**  
**The program runs 8 weeks and groups meet weekly. Groups will be held on Mondays from 7:30 PM - 8:30 PM. Wednesdays based on enrollment.**

**Cost: \$160.00, with a \$25.00 initial intake and processing fee for new enrollees. Payment plans and scholarships may also be available for families who qualify.**

We are located in the portables on the grounds of the Joseph A. Edgar School in Rocky Point. For more information or to sign up for a group, please contact Dana Ellis, LMHC, Licensed Mental Health Counselor at 631-744-0207 or Dana@nsyc.com.



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NSYC is not responsible for loss/damage to personal property and/or injury while on premises or participating in programs.