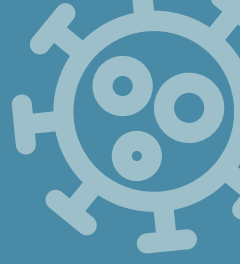




# MANAGING CHALLENGES RELATED TO COVID-19



Coping with the effects of the pandemic and quarantine has been difficult for all of us. It has been particularly challenging for high school students who have faced the loss of significant milestones as well as the loss of social interactions, sports and other extra curricular activities, while trying to adapt to virtual learning.

In light of these challenges, we are offering a weekly virtual support group for high school aged teens. This support group will be an open forum to help members cope with the array of stressors they are facing as they adapt to the pandemic. Group meeting time is to be determined based on interest.



Call us at 201-564-7331 for more information and fees.