

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!

**Fall groups running
January 18th thru
March 21st!**

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 18th thru March 21st

-The program will run 8 weeks. Groups will meet weekly in person.

-Mondays, Tuesdays, Thursdays: 5-6pm, 6:15pm-7:15pm, and 7:30pm-8:30pm

Cost: \$200.00, with a \$30.00 initial intake and processing fee for new enrollees.

-Scholarships and payment plans available for families facing financial hardship.

For more information or to sign up for a group,
please contact Dana Ellis, Licensed Mental Health Counselor at Dana@nsyc.com.



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