

You're invited to

SPN CONNECT

Teen Wellness Group

MIDDLE SCHOOL
STUDENTS - FREE

SNACKS - GAMES + CHILL TIME -
SIMPLE COPING SKILLS - TALK
ABOUT REAL LIFE (NO PRESSURE)



2:45 - 4:30 PM



At Suicide Prevention Network
1625 Highway 88, Suite 101,
Minden, NV 89423

**THURSDAY,
SEPTEMBER 3RD**

Grow This Year
(Mindful Gardening)



**THURSDAY,
SEPTEMBER 24TH**

Walk & Reset



**THURSDAY,
OCTOBER 8TH**

Stress & School Pressure
(Glitter Calm Jars)



**THURSDAY,
OCTOBER 15TH**

Friend Drama & Boundaries



**THURSDAY,
NOVEMBER 5TH**

Anxiety in Real Life



**THURSDAY,
NOVEMBER 19TH**

Coping Skills Toolkit



**THURSDAY,
DECEMBER 3RD**

Winter Break & Self-Care



Sign up:

Scan the QR code or call 775-783-1510 - After you sign up, we
will email a consent form for your parent/guardian to sign

Questions? skyller@spnawareness.org