



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)

*New location starting
October 8th!*

**THURSDAY,
OCTOBER 8TH**

Stress & School Pressure
(Glitter Calm Jars)

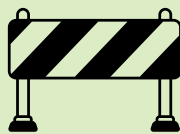
in Ceramics
Room



**THURSDAY,
OCTOBER 15TH**

Friend Drama &
Boundaries

in CV Health
Room



**THURSDAY,
NOVEMBER 5TH**

Anxiety in Real Life

in CV Health
Room



**THURSDAY,
NOVEMBER 19TH**

Coping Skills Toolkit

in CV Health
Room



**THURSDAY,
DECEMBER 3RD**

Winter Break & Self-Care

in CV Health
Room



Douglas County Community &
Senior Center
1329 Waterloo Lane, Gardnerville,
NV 89410



3:00 - 4:00 PM



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