



CLINICAL & SUPPORT OPTIONS

# *Growing Strong – girls*



**A group to help youth who have experienced trauma learn healthy ways to deal with stress by building skills and strategies to use in their daily life.**

**Where: CSO-Athol, 3<sup>rd</sup> floor conference room**

**Day: Weekly on Wednesdays**

**Starting date: October 17, 2018**

**Time: 5-6pm**

**Conducted by: Bethany Whitney, MA**

*Registration required. Call Bethany at (978) 249 9490 ext 4026 with questions.*