

High School Wellness Group

Is mental health and balancing your life on your mind?



Who: High School Students associated with Cedar Park Schools, or part of the Cedar Park Community

**Led By: Cedar Park Counseling Network Interns & Christian Psychologist
(Free virtual or in-person group)**

When: 6-8 Online or In-Person sessions

Where: Online group: within the comfort of your home, or Cedar Park Bothell and Mill Creek Schools, or at the Network -Kenmore

What: Topics include: Boundaries, Assertiveness, Building healthy friendships, Anxiety management, Dealing with grief, and More!

Questions?/Sign-Up: If you or your parents/guardians want more info, please contact CP Counseling Supervisor Stephanie

stephanie.g@cedarpark.org OR (206) 406-8661