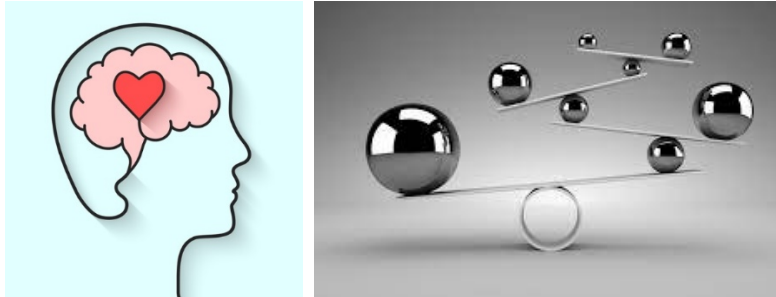


Middle School Wellness Group

Is mental health and balancing your life on your mind?



Who: Middle School Students 12+ at Cedar Park Christian Schools, or part of the Cedar Park Community

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

When: 6-8 online or in-person sessions (Next Group TBD)

Where: From the comfort of your home (for Virtual), Kenmore site, Cedar Park Bothell or Mill Creek School location.

What: FREE - 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