



Grief Support Group

~ **Thursdays** ~ 3:30-4:30pm
Andrea "AJ" Oravec, LCSW



Anxiety & Depression Group (Adults)

~ **Thursdays** ~ 6:00-7:00pm
Jennifer Julstedt, LPC

Elementary/Middle School: Coping Skills Group (1st-8th Grades)

JUNE 10th ~ 4:45-5:30pm
JULY & AUGUST Mondays ~ 3:45-4:30pm
Amanda Rosentel, LCSW

High School: Coping Skills Group (9th-12th Grades)

JUNE Mondays ~ 4:00-4:45pm
JULY & AUGUST Mondays ~ 3:00-3:45pm
Amanda Rosentel, LCSW

Adult De-Stress/Relaxation Workshop

June 3rd & 17th ~ July 8th & 22nd ~ Aug 5th & 19th
4:45-5:45pm
Amanda Rosentel, LCSW

Post Psychiatric Hospitalization Support Group

~ **Wednesdays** ~ 3:30-4:30pm
Andrea "AJ" Oravec, LCSW

Call 570.346.3686 to register