



Grief Support Group

~ **Thursdays** ~ 3:30-4:30pm

Andrea "AJ" Oravec, LCSW



Anxiety & Depression Group (Adults)

~ **Thursdays** ~ 6:00-7:00pm

Jennifer Julstedt, LPC

Positive Energy Empowerment (18 yrs old +)

Wednesdays: Jan 16th through May 29th ~ 5:30-6:30pm

Angelica Hughes, LPC

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

Jan 28th, Feb 25th, March 25th, April 29th, May 20th ~ 4:45-5:30pm

Amanda Rosentel, LCSW

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

Mondays: Jan 7th through May 20th (NOT 4/01 & 4/08) ~ 4:00-4:45pm

Amanda Rosentel, LCSW

Parenting Workshop (parents struggling with children)

April 15th & May 13th ~ 4:45-5:30pm

Amanda Rosentel, LCSW

Adult De-Stress Workshop

February 18th & March 18th ~ 4:45-5:30pm

Amanda Rosentel, LCSW

Post Psychiatric Hospitalization Support Group

~ **Wednesdays** ~ 3:30-4:30pm

Andrea "AJ" Oravec, LCSW

Call 570.346.3686 to register