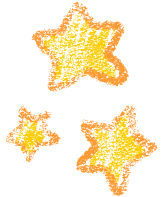
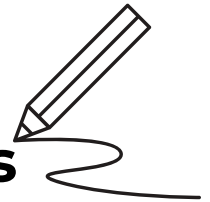


Create, Craft and Connect Summer Therapeutic Group

**For 9th-12th Graders Overwhelmed by
Friendship Drama & Everyday Pressures**



**Learn Practical Coping Skills
for More Calm and Less Stress**



**Thursdays 2:30-3:20
June 26th-Aug 14th
Attend one session or many!**



In this therapeutic group, teens learn evidence-based mindfulness techniques and practical stress management strategies while creating simple crafts and connecting with peers.

**Led by Kayla Defeo MS, LPC-A
at Firefly Counseling and Wellness, Sandy Hook**



Fee is \$80 per session
or \$140 when you purchase two sessions
Space is limited ~ Must sign up at least 48 hrs in advance

**To register email or call:
Kayla@FireflyCounselingandWellness.com
203-212-8857**