SPIRITT FAMILY CENTERS
Improving Quality of Lives Since 1972

Teen Support Group

Tuesdays
Starting: October 14
4pm to 5pm

AGES 14-16

Topics Covered:
Personal Growth & Self-Esteem
Relationships & Communication
Mental Health & Wellness
Family & Community Connections
Life Skills & Future Planning
Healthy lifestyle & Safety
Creative Expression



Youth will have an opportunity to increase their social connections and touch on their social emotional competence.

Contact Us for More Information
(323)407-8011
7208 Garfield Ave.,
Bell Gardens CA 90201

PREVENTION & AFTERCARE
SUPPORTED BY THE LOS ANGELES COUNTY DEPARTMENT OF CHILDREN AND FAMILY SERVICES