

TEEN PEER SUPPORT GROUP NOW ONLINE!

This can be an especially stressful time for everyone, so the YPAs are here to help you maintain your wellness and self-care despite the changes around us.

This peer support group is open to adolescent youth between the ages of 13-18. Youth Peer Advocates facilitate this strength-based group to give youth the opportunity to connect with their peers, validate each others' experiences, and discuss management of mental health. The group offers a safe place for youth to receive support as well as to celebrate accomplishments and practice self-care skills.

OCT.-DEC. 2020 SCHEDULE

Wednesdays from 4:00-5:30 PM via Zoom Meeting

October 7th, 14th, 21st, & 28th

November 4th, 11th, & 18th

December 2nd, 9th, 16th, 23rd, & 30th

REGISTER HERE:

https://us02web.zoom.us/join/register/tZMld-2qrzktEtP4ya28q_GtPHJBHw826xcD

FOR QUESTIONS:

Email: peersupport@mhawny.org

Call or Text: (716) 245-5339

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www.mhawny.org