



HEALING JUSTICE

Healing Justice is a safe space for teenagers aged 13-17 to come together, connect, and support each other. In this group, we focus on healing trauma, moving, breathing, and developing life skills to help you become healthier and more engaged in both school and your community.

- Snacks and mats provided
- Once a week - every Wednesday
- **Starting on 10/02**
- From 3:30-4:30 pm
- Registration is required: (508) 815.5100
- Location: Cape Cod FRC at 29 Bassett Ln, Hyannis/MA 02601



Remember this: Be kind to your mind.