



Chill, Connect, & thrive

Led by Family Resource Center staff Lycia Ebanks + Ayanna Freedom, LICSW

This is a supportive movement and therapeutic group for teens ages 13 to 16. We understand that managing emotions like anger and frustration can be tough, and we're here to help. Our safe space encourages teens to explore their feelings, build connections, and cope with trauma. Through activities such as movement, breathwork, and stress reduction techniques, we aim to foster collective healing and a sense of belonging. **Remember, you're not alone; we're here for you.**



**New
Dates**

- **Starting on February 11th, 2025**
- Every Tuesday, from 3:30-4:30 pm
- HYCC (Shepley room)
- Registration is required: (508) 815-5100

