



Join us as we figure out how to cope in place.

APART, TOGETHER.

PROCESS GROUP FOR HIGH SCHOOLERS

Gain support and increase connection with peers.
Learn skills to cope with current stressors and experiences.
Led by Christine Pearston, PsyD and Anna Parnes, PhD.

THURSDAYS, 11:30 AM - 12:30 PM

The group is ideal for students who:

- want to connect with peers for support
- are adjusting to current stressors
- have mild mental health symptoms



\$280 for four weeks; financial assistance available.
To register or learn more, email careteam@chconline.org.