

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.

SUMMER 2020 SCHEDULE

Wednesdays from 3:00-4:30 PM via Zoom Meeting

June 3rd, 10th, 17th, & 24th

July 1st, 8th, 15th, 22nd, & 29th

August 5th, 12th, 19th, & 26th

FOR MORE INFO OR TO RSVP:

Email: peersupport@mhawny.org

Call: (716) 886-1242 X 345

Call or Text: (716) 245-5339

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advocates
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www.mhawny.org