



positivedirections  
THE CENTER FOR PREVENTION AND COUNSELING

# HIGH SCHOOL STRESS SUPPORT GROUP

**A SAFE PLACE TO TALK WITH OTHER HIGH SCHOOLERS ABOUT SCHOOL, LIFE, RELATIONSHIPS & MORE**

**LED BY KARLENE BARNETT, LADC, LPCA**

**TUESDAYS 4-5PM (VIRTUAL)  
STARTING SEPT. 26TH**

IN THIS **FREE** SUPPORT GROUP, LEARN HOW TO

- Identify stressors and learn coping skills
- Deal with family and peer pressure
- Explore anxieties
- Develop strategies to balance your life

**RSVP for link at:**  
**[positivedirections.org/support-groups](https://positivedirections.org/support-groups) or call**  
**203-227-7644 to learn more**