



## *You don't have to struggle in silence.*

If negative thoughts, anxiety, or depression are affecting your life, there is a group that can help.

This 6 session *Blues Program* teaches skills that strengthen your power to push back against anxiety, stress, and depression. Learn how your thoughts, feelings and actions interact to take control of your moods. Join 4-8 other teens in an online educational group and make positive changes in your life.

**Who:** High school girls

**Where:** Zoom

**When:** Mondays, February 22-March 29, 2021

Two classes available, 4:00-5:30 or 6:30-8:00

To learn more about this evidence-based program: <https://www.blueprintsprograms.org/blues-program/> or <https://thebluesprogram.weebly.com/>

Please contact Holly Hardin to register for this free program: [holly@cobys.org](mailto:holly@cobys.org), or leave a message at (717) 435-8139.

