



VIRTUAL GROUP FOR HIGH SCHOOL BOYS!

The Blues Program!

blues program



Stressful situations affect everyone's life - learn coping tools that are proven to work!

BENEFITS:

- 6 sessions
- Teaches skills to cope with anxiety, stress, and negative thoughts
- Evidence-based
- Gift cards can be earned for attendance!
- No cost to attend

Penn Manor High School
February 7 – March 21 (no class 2/28)
Tuesdays, 10:15-11:15 AM

WE'D LOVE YOU TO JOIN US!

REGISTER USING THE FORM BELOW

To learn more about this evidence-based program, please visit <https://bluesprogram.org>. Or contact education@cobys.org.



COBYS Family Life Education Department • 444 Murry Hill Circle, Lancaster, PA 17601 • 717-435-8139 • www.cobys.org

Please return this permission slip to the Penn Manor HS Counseling Office.

Student's Name: _____ Age: _____ Grade: _____

Student's Email: _____ Student's Phone: _____

I give permission for my child to participate in the Blues Group at Penn Manor High School:

Signature of Parent/Caregiver

Parent/Caregiver Phone #

Date