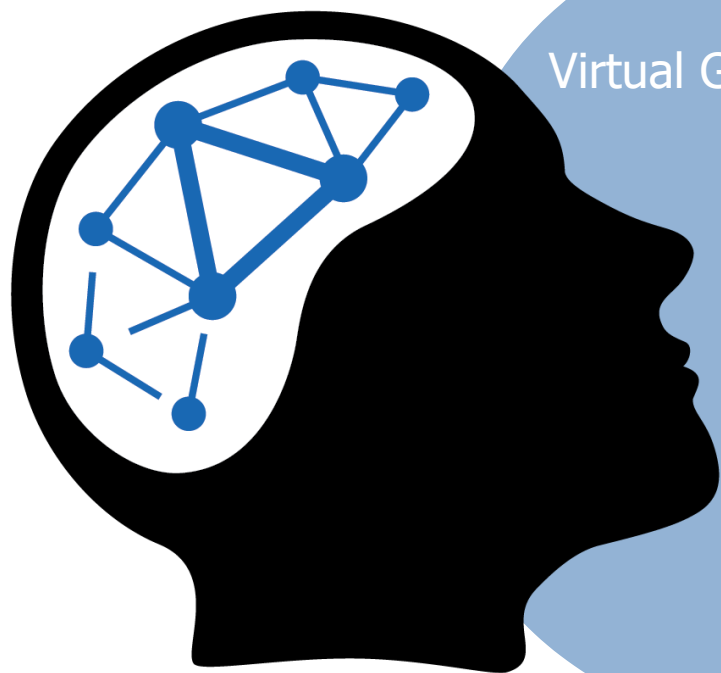


Virtual Group for High School Boys and Girls!



The Blues Program!

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



blues program

Virtual – on Zoom.com
Aug 9 – Sept 13, 2023
Wednesdays, 5:30-6:30 pm

PLEASE JOIN US!

BENEFITS:

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

REGISTER at <https://cobys.org/family-support/programs-offered>

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

