Getting Back Up Again
Goes Back to School
A Support and Skill-Building Program for Teens

What it is:
- 8-week program for middle school kids
- Targeting negative peer interactions, bullying, or stress in school relationships
- Group facilitators trained in evidence-based practice, supervised by Clinic Director, Natalie Moser, Ph.D.

What you will learn:
- Stress Management
- Emotion Regulation
- Seeking Assistance
- Assertiveness
- Choosing Good Friends
- Building Self-confidence
- Staying Safe Online

Begins September 11, 2017
Mondays 6:30-7:45 pm
$30 per session

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