

**CALLING ALL 16-24 YEAR OLDS
WHO ARE LOOKING TO ADD TO THEIR ABILITY TO
NAVIGATE LIFE'S CHALLENGES...**

LET'S CONNECT: A YOUNG ADULT MINDFUL AWARENESS SKILLS GROUP

**A safe space to pause, explore life's stressors, and practice tools to help along
the way. Respond more skillfully in...**

- **Relationships**
- **Communication**
- **Managing emotions like
sadness, anger, and anxiety**
- **Responding to uncertainty**



TUESDAYS 6:15PM - 7:15/7:30 PM

**COMPASS HOUSE RESOURCE CENTER/DROP IN PROGRAM
1451 MAINST. (BETWEEN W. FERRY AND W. UTICA)**

****MASKS ARE REQUIRED****

**DINNER FOR PARTICIPANTS IS AVAILABLE
BEFORE OR AFTER THE GROUP**

**JUST TO MAKE IT MORE FUN, A DRAWING FOR A SMALL PRIZE FOR BEING
ON-TIME WILL BE HELD AT THE END OF EACH SESSION**

**To Register: Call/text Jan at
716-207-7315 or email jburns@thepreventioncouncilec.org**

SPACE IS LIMITED, SO SIGN UP TODAY!!