



**Toolbox for Wellness**  
Grades 9-12  
Starts October 9  
Wednesdays 5:30-6:30

This group is designed for youth experiencing symptoms of anxiety and/or depression who are interested in developing coping skills to manage and process situations in a healthy way. Participants will gain peer support in an inclusive environment and learn how our thoughts can impact both mood and behaviors. Participants will be better able to replace or reframe negative thoughts and fill their mental health toolbox with crucial tools to help manage their everyday lives.



**ALLIES LGBTQ Support Group**  
Grades 9-12  
Starts October 16  
Wednesdays 6:00-7:00

ALLIES stands for Acceptance, Life, Leadership, Identity, Education and Support. This LGBTQ wellness and support group is available for adolescents grades 9-12. Research indicates that LGBTQ youth who have peer-to-peer connectedness are more likely to have overall improved mental health status and sense of well-being.



**Freedom from Anxiety**  
Grades 3-5  
Starts October 21  
Mondays 5:30-6:30



**Freedom from Anxiety**  
Grades 6-8  
Starts October 8  
Tuesdays 6:00-7:00

These groups offer an interactive environment that addresses anxiety and teaches healthy coping strategies to manage thoughts and feelings in a positive way. The program fosters interpersonal connections and good relationships, while integrating behavioral and cognitive approaches to develop skills, including relaxation and problem-solving.