



JOIN US FOR A BACK TO SCHOOL SUPPORT GROUP!

Cheshire Human Services is offering support groups for middle and high school students and their parents to help navigate the challenges presented by the post-pandemic transition back to school. Groups will be held for parents and students separately and will consist of 4 sessions focused on:

- **Managing stress and anxiety**
- **Building coping and distress tolerance skills**
- **Improving verbal expression of emotions**
- **Establishing an effective back to school routine**
- **Crisis and conflict resolution**

GROUP 1:

MIDDLE SCHOOL STUDENTS

AUGUST 3, 10, 17, & 24TH

4:30-5:30 PM

GROUP 2:

MIDDLE SCHOOL PARENTS

AUGUST 5, 12, 19, & 26TH

6:00-7:00 PM

GROUP 3:

HIGH SCHOOL STUDENTS

AUGUST 5, 12, 19, & 26TH

4:30-5:30 PM

GROUP 4:

HIGH SCHOOL PARENTS

AUGUST 3, 10, 17, & 24TH

6:00-7:00 PM

TO REGISTER OR FOR MORE INFORMATION
CONTACT CHESHIRE HUMAN SERVICES AT
(203) 271-6690 OR EMAIL US AT
Cheshirehumanservices@cheshirect.org

REGISTRATION DEADLINE IS JULY 26, 2021