

# Stress Less

A FREE THERAPY GROUP FOR TEENS  
LEARN SKILLS FOR COPING WITH STRESS  
& REGULATING EMOTIONS

**MONDAYS**  
**JUNE 17-JULY 22, 2024**

AGES 10-13 FROM 5:00-6:30PM

AGES 13-16 FROM 7:00-8:30PM

FIND OUT MORE & SIGN UP  
[WWW.JEWISHFAMILYSVC.ORG](http://WWW.JEWISHFAMILYSVC.ORG)

OR

[KATEG@JEWISHFAMILYSVC.ORG](mailto:KATEG@JEWISHFAMILYSVC.ORG)

908.725.7799X107

REGISTRATION REQUIRED

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