

Announcing a Spring Virtual Enrichment Group Program for Youth



Register your 14-18 year-old youth for an online virtual enrichment group with Mindfulness/Self-Care activities:

- 8-week program
- Must have Medicaid
- Virtual groups will be offered to youth in Bergen, Morris, Essex Sussex, and Passaic Counties.
- Starts on March 2, 2021, Tuesdays from 4:00 – 5:30 pm

The virtual sessions will encourage your child in many ways:

- Shared Experiences
- Development of Empathy
- Mindfulness/Self-Care
- Problem Resolution
- Communication Skills
- Anger Management Skills



**Services are free for families
with Medicaid.**

**Limited spots available. Register your youth
today by calling 862-272-2221 or email
outpatient@centerffs.org**