



# **YOUTH EMOTIONAL SUPPORT GROUP**

**AGES: 10-12**

**Date: Beginning May 4th**

**Wednesdays, 5-6pm (virtual)**

**NewBridge Services**

**1259 Route 46 East, Parsippany, NJ 07054**

## **Clients will:**

- \*Learn positive coping skills**
- \*Process and explore peer relations**
- \*Learn to manage frustrations**
- \*Gain support and normalize challenges they are facing**



**For more information email or call today:  
[services@newbridge.org](mailto:services@newbridge.org) or 973-316-9333**