

# Back-to-School Transitioning Group

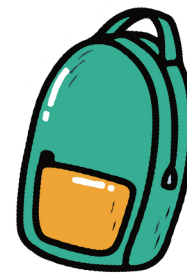
**October 21 - December 9**

**Mondays, 4:00pm - 5:00pm**

This is an 8-week group for teens that struggle with battling anxiety and low self-esteem. This group is to allow them to feel better about going to school and learn some coping skills to help increase self-esteem and create healthy boundaries with peers at school.

This group is open to the public. If you do not have a current BH provider, please contact the manager below for additional information:

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