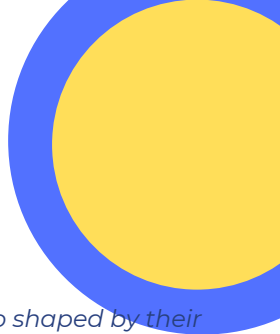




alta
BEHAVIORAL HEALTHCARE
Helping Kids. Healing Families.



S.A.F.E.R.

Supporting Adolescents Facing Environmental Risks

Just as a child and adolescent's life is shaped by family, it's also shaped by their environments (neighborhood, school.) Stress from concerns about safety in schools and in our communities can be difficult for youth to deal with. This group is open to any youth in our community between the ages of 12 and 15. Youth do not need to be current consumers of Alta to attend. Learn coping skills, relaxation techniques, and more!

Tuesdays

6 pm to 7 pm

October 4, 11, 18, 25

711 Belmont Ave

For registration and inquiries e-mail :

Frances Clause

francesc@altacaregroup.org

