



TEEN BRAVE

**Building
Relationships,
Attitudes,
Values, and
Empowerment**

A free group for teens in the 9th-12th grades looking to learn valuable coping skills, build confidence, and navigate the world with a positive outlook.



Judson Center

Helping those in need succeed

**Thursdays
4 pm – 5 pm
January - April**

**Topics include:
positive
relationships,
coping skills,
mindfulness,
empathy, social
media,
communication,
conflict
resolution,
diversity, grief and
loss**

**Open enrollment –
Join anytime!
Call to reserve a
spot today!**

**JUDSON CENTER
MACOMB**

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