

Announcing a Spring Virtual Enrichment Group Program for Youth



Register your 11-14 year-old youth for an online virtual enrichment group with mindfulness/self-care activities:

- 10-week program
- Virtual groups will be offered to youth in Bergen, Morris, Essex Sussex, and Passaic Counties.
- The group will run weekly on Wednesday from 6:00 pm - 7:30 pm Starting on March 2, 2022 and will run for 10 weeks.

The virtual sessions will encourage your child in many ways:

- Impact of Covid-19
- Shared Experiences
- Social Skills
- Anger Management Skills
- Cyber Safety Skills
- Communication Skills
- Acceptance and Support
- Mindfulness/Self-Care



Free for families with Medicaid
Grants available to Essex youth that meet criteria

Limited spots available. Register your youth today by
calling 862-227-6754 or email outpatient@centerffs.org