



Coping Strategies for Youth

Everyday situations at home, at school and with friends can often feel overwhelming and may lead to feelings of stress, anxiety* or depression. Learning strategies to de-stress and calm yourself can help you successfully navigate challenging circumstances. Whatever may be the source of your challenges or stressful circumstances, you can learn skills to improve how you cope and how you interact with others

**The upcoming 6 week session begins on Thursday,
November 7, 2024 ending December 19, 2024**

**Mary J. Sherlach Center
121 Old Mine Road, Trumbull**

For more information contact
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