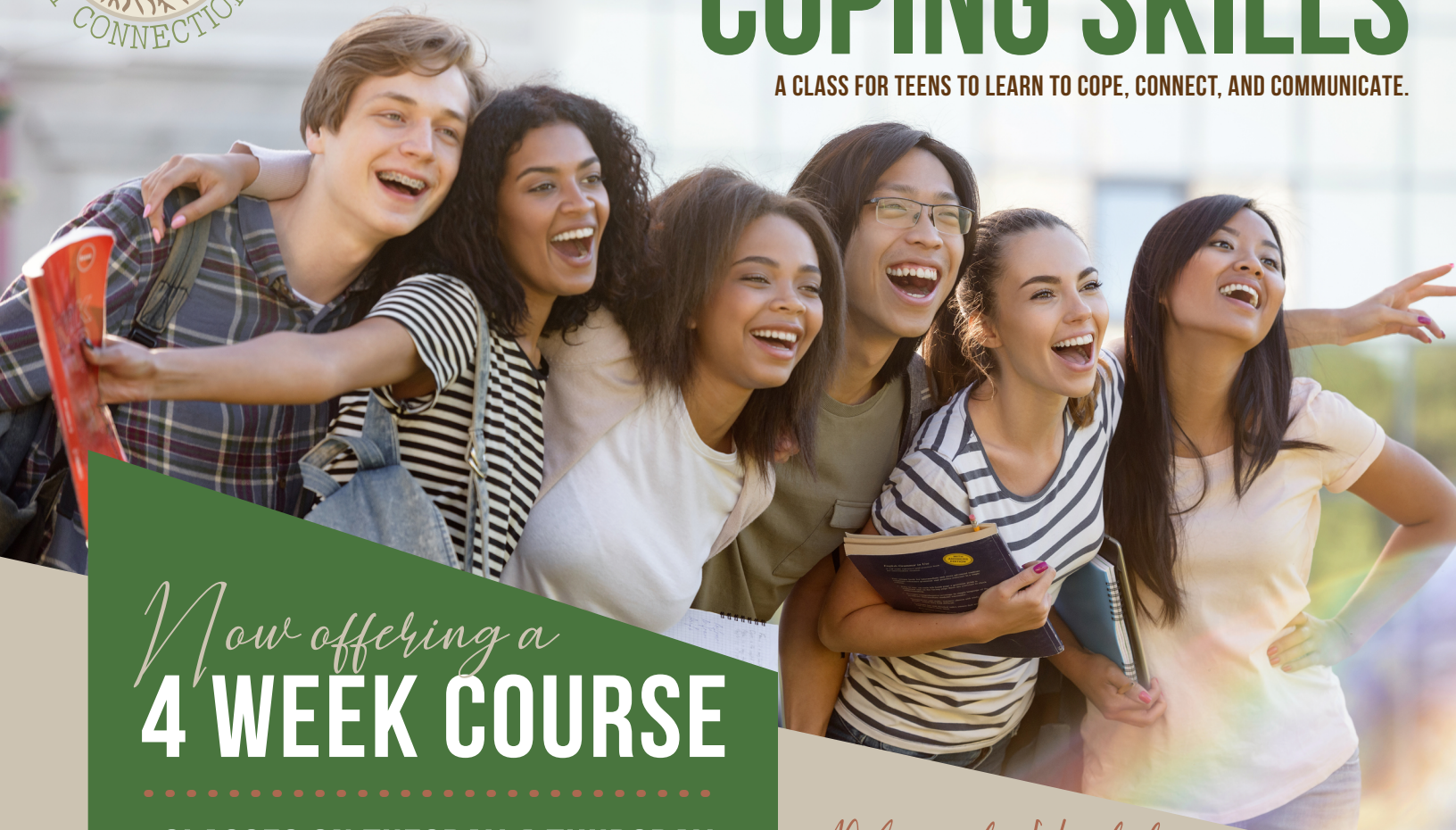




TEEN/ADOLESCENT COPING SKILLS

A CLASS FOR TEENS TO LEARN TO COPE, CONNECT, AND COMMUNICATE.



Now offering a 4 WEEK COURSE

CLASSES ON TUESDAY & THURSDAY
STARTING ON JANUARY 5

12-14 YEARS — 5:00-6:00 PM

15-18 YEARS — 6:15-7:15 PM

SIGN UP ON LINDON RECREATION WEBSITE:
LINDONRECREATION.ORG/RECREATION

\$50 FEE INCLUDES ALL 8 CLASSES

Please contact Jaime Jensen at jjensen@lindoncity.org
if you need financial assistance.

Taught By:
JILLIAN SØDERBERG



Mental Health CRISIS:

There's no question recent events taught us that we all need healthy outlets to manage stress. The community center recognizes the urgent need for teens to find solutions to regulate emotional needs. With this in mind we've created a new class which offers practical and effective coping strategies.

Recreational THERAPY:

A Certified Recreational Therapist Specialist (CTRS) will teach this class. Using evidence based practice, participants will learn to implement coping skills to use daily when feeling overwhelmed, find connection and trust in relationships, and explore meaningful ways to spend time.

Jillian has been a CTRS for over 11 years working in various mental health positions — residential treatment centers and inpatient hospitalization. She has found many effective treatments and interventions to help teens feel supported in identifying and changing unhealthy thinking patterns that can lead to damaging behaviors.