

# Stress Reduction Group

*Presented by Crystal DeGrandchamp, LLPC*

A Stress Reduction group will be offered as a 5-week active learning opportunity for high school students to learn different ways to reduce stress in all aspects of their life. The group will seek to empower students in the areas of:

- Identifying Stress
- Role Expectations
- Test Anxiety
- Study Skills
- Mindfulness Skills
- Combating Negative Self-Talk



## 5 WEEK PROGRAM

March 18, 2019 through April 22, 2019  
**Mondays, March 18th, March 25th, April 8th,  
April 15th, and April 22nd.**

(There will be no session on April 1st due to Spring Break)

**6:00 p.m. – 7:30 p.m.**

at

Catholic Charities of Southeast Michigan  
Waterford Location  
1370 N. Oakland Blvd  
Suite 105

**Space is LIMITED for this FREE program**



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ccsem.org

For registration please contact the  
Waterford Youth Assistance office at  
**248.618.7383** or by email  
**waterfordya@msn.com**



Waterford

Strengthening Families  
Through Community Involvement

Sponsored by Waterford Youth Assistance Family and Youth Education Committee