

**WE'RE BACK!**

**NEW SERIES STARTING FEB. 25, 2023**



**Kids between age 13 and 17** often struggle with changes going on inside them and all around them. If you're in this age bracket, you probably experienced even more uncomfortable changes when the COVID-19 pandemic arrived. This online workshop can help you and your friends learn to cope with losses and changes in your "new reality." Join us!

**Dates and topics:**

Feb. 25 at 1 p.m. - **Understanding thoughts and feelings**

Mar. 4 at 1 p.m. - **"Cognitive Triangle" - how thoughts trigger our emotions**

Mar. 11 at 1 p.m. - **How to cope with, and communicate, uncomfortable feelings**

Mar. 18 at 1 p.m. - **Putting it all together for self-care and support**

[Register here](#), or scan the QR code.

For more information, visit [Michigan.gov/StayWell](https://Michigan.gov/StayWell).



Presenter Zeinab Moussa, a clinical mental health counselor and Stay Well Outreach Specialist, will guide you in learning new ways to cope with the "new reality" of your lives, even as the pandemic lingers.

