

Adolescent Coping & Support Group

FREE for any adolescent living in Ontario
For connection & coping during covid19
isolation



Ages 13-15

Monday afternoons 3- 4pm
May 11th – June 15th

Ages 15-17yrs

Thursday evenings 7- 8 pm
May 14 – June 18th

Where? Virtual Meeting Room – Microsoft Office Teams meeting place.
Requires an electronic device that connects to the internet and has voice and/or camera



Please phone or email to register

www.qualiacounselling.com 1-844-380-3CBT info@qualiacounselling.com
