

Summer Chill Group for High School and College Students



- Group will focus on:
- ~ Relaxation techniques
 - ~ Maintaining a happy self
 - ~ Connecting with peers
 - ~ Having a relaxing AND fun summer!

Please join us every Tuesday!

July 10th through August 7th

5:15 p.m. through 6:15 p.m.

Old Saybrook Youth & Family Services

Fee: \$35

First 12 will be this summer's group!
Please drop off registration at the OSHS main office
or Youth & Family Services by June 15th.
For additional information contact 860.395.3190

