

2024 Spring Virtual Enrichment Group for Youth



Register Today!

**Online enrichment group with
mindfulness/self-care activities**

Youths from ages 8 to 12

**Starting March 8, 2024
Every Friday for Eight Weeks
5:00-6:30 p.m.**

**Free for families with Medicaid
Grant available for youth in Passaic
County**

**Limited spots available. Register
your youth today via:**

Phone: 862-227-6754

Email outpatient@centerffs.org

**The virtual sessions will help navigate
complex issues including:**

- **Social relationships**
- **Healthy Relationships**
- **Self-Esteem/Confidence Boosting**
- **Mindfulness/Self-Care**
- **Communication**
- **Regulation Skills**
- **Cyber Safety**

