WESTERN YOUTH SERVICES + Foothill KNIGHTS

Coping Skills Support Group

Thursday Afternoons: 1:30-2:30

1/21/21: Time Management & Organization
1/28/21: Motivation
2/4/21: Healthy Coping
2/11/21: Mind full or Mindful
2/18/21: Stress Management
2/25/21: Goal Setting

Zoom Link

Meeting ID: 970 5456 3734
Passcode: 285677

Sign Up Genius

Contact Ms. Dinsmoor, Mental Health Specialist, with questions: bdinsmoor@tustin.k12.ca.us