

Next Generation: Youth Empowerment Group

Hoag Mental Health Center invites you to a free teen group focused on personal growth and empowerment for boys. This 8-session group is designed to help **high school boys in grades 9-11 (ages 13-16) to:**



*Create healthy relationships

*Learn tools to manage emotions

*Build self esteem

*Identify your strengths and what's important to you

*Build awareness on self-identity

*Goal attainment

Hoag Mental Health Center
Mondays 5:30 pm – 7:00 pm, starting October 11
In person. 8 Sessions. Registration is required.
Space is limited.

For more information please contact:

Hoag Mental Health Center

Telephone: 949-764-8547 Or Text #: 949-522-5534

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Center for Healthy Living