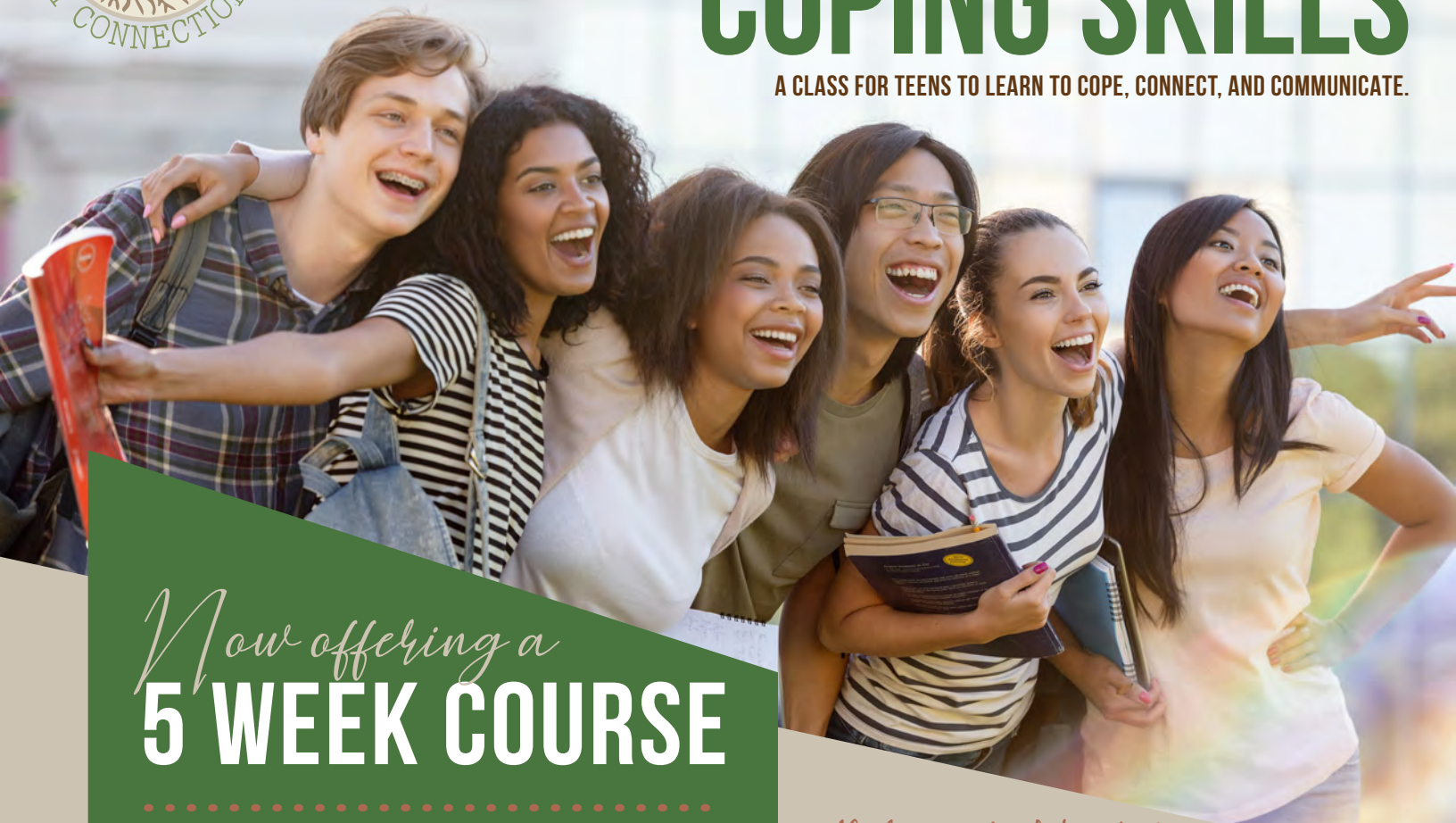




# TEEN/ADOLESCENT COPING SKILLS

A CLASS FOR TEENS TO LEARN TO COPE, CONNECT, AND COMMUNICATE.



Now offering a  
**5 WEEK COURSE**

CLASSES ON TUESDAY & THURSDAY  
STARTING SEPTEMBER 27

**12-15 YEARS — 5:00-6:00 PM**

**16-18 YEARS — 6:15-7:15 PM**

SIGN UP ON LINDON RECREATION WEBSITE:  
[LINDONRECREATION.ORG/RECREATION](http://LINDONRECREATION.ORG/RECREATION)

## *Mental Health* **CRISIS:**

There's no question recent events taught us that we all need healthy outlets to manage stress. The community center recognizes the urgent need for teens to find solutions to regulate emotional needs. With this in mind we've created a new class which offers practical and effective coping strategies.

## *Recreational* **THERAPY:**

A Certified Recreational Therapist Specialist (CTRS) will teach this class. Using evidence based practice, participants will learn to implement coping skills to use daily when feeling overwhelmed, find connection and trust in relationships, and explore meaningful ways to spend time.



*Taught By:*  
**JILLIAN SEDERBERG**

Jillian has been a CTRS for over 11 years working in various mental health positions – residential treatment centers and inpatient hospitalization. She has found many effective treatments and interventions to help teens feel supported in identifying and changing unhealthy thinking patterns that can lead to damaging behaviors.