

Bridge to Success

VIRTUAL



A stress management program that teaches behavioral, social, and cognitive coping strategies to address stressful situations at home, work, and interpersonal relationships. This program covers topics such as healthy vs. unhealthy coping strategies, problem solving, social support, healthy lifestyle (eating right, being active, getting good sleep), refusal skills and substance use and abuse.

Thursdays: 6:00 - 7:00 PM

8 Sessions: March 6 - April 24, 2025

[Click here to register](#)

****Class is limited to 20 participants****

Zoom login information to follow

This program includes a \$50 gift card for completion. Participants must have their cameras ON for every session.

This program is brought to you by:

