

Meet Tuesdays  
@ 4pm – 5pm

Ages: 13-17

## SCHEDULE

### OCTOBER 2018

9<sup>th</sup>  
16<sup>th</sup>  
23<sup>rd</sup>  
30<sup>th</sup>

### NOVEMBER 2018

6<sup>th</sup>  
13<sup>th</sup>  
20<sup>th</sup>  
27<sup>th</sup> (No Group)

### DECEMBER 2018

4<sup>th</sup>  
11<sup>th</sup>  
18<sup>th</sup>  
25<sup>th</sup> (Merry  
Christmas) – No  
Group

### JANUARY 2019

1<sup>st</sup> (Happy New  
Year)-No Group  
8<sup>th</sup>  
15<sup>th</sup>

**Contact:**  
**703-497-1771**



# STAY COOL GROUP

Easily irritated?

Trouble getting along  
with others?



Frustrated easily  
with school work?



Getting into trouble  
with parents or at  
school?

## REGISTER NOW

- If you answered YES to 1 or more of the above then you may **BENEFIT** from our **STAY COOL GROUP**
- Come learn strategies to help you “**keep your cool**” and stay out of trouble
- Learn healthy and appropriate ways to express your anger



*\*\*For more information SEE THE FRONT DESK or have your  
clinician refer you\*\**

WOODBIDGE THERAPY GROUP  
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