



Anxiety Support Group for Middle Schoolers

Is your middle schooler stressed, overwhelmed, nervous, or anxious? We can help!

This group is a safe and supportive space where your student can:

- Learn ways to manage anxiety and stress
- Talk with others who understand
- Build confidence and coping skills
- Practice relaxation and mindfulness
- Feel supported without pressure or judgement

Information

- FREE!
- Age group: 11-14 (middle school)
- 8-week program beginning June 13 and ending August 8 (off 4th of July weekend)
- Day: Saturdays
- Time: 10:30am-12pm
- Place: The On Earth Project Grand Rapids
4081 Cascade Rd SE, Suite 100, GR, MI 49546

This group will be run by The On Earth Project's Interns: Austin, Anna & Haley

**Limited Spaces Available!
Use the QR code to register or
contact us at:**

Phone: 734-469-0513

Email: admin@theonearthproject.org

Registration Deadline: June 12

