

Generation **HOPE** Youth Clubhouse

A Community-Focused Workshop Series from CAPE

Emotions & Feelings

This session is designed to help teens cope with life's challenges and build healthy relationships. They'll learn that all emotions are valid and that sharing their feelings can make tough situations easier to handle.

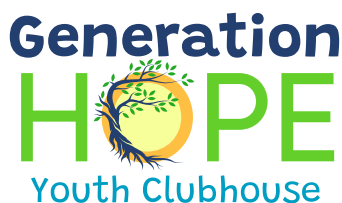
Monday, May 5th



JOIN US 4-5:30 PM FOR THIS FREE WORKSHOP

This session is part of a new workshop series centered on mental wellness. We will discuss life skills that can help teens live independently and successfully.

SPOTS ARE LIMITED!!! Register Online



31 Marshall Rd, Suite 3F
Wappingers Falls, NY 12590

See details and sign up:
capedc.org/events

