

Virtual Self-Care Series for teens

Join us online for open
discussion & self-care education



Virtual group meetings the 2nd Wednesday of each month • 5:30–6:30 pm • Class link provided upon registration

We get it. It's tough being a teen, and the COVID-19 pandemic has created unique concerns and challenges for you, your friends, and your family members.

Nevada Health Centers is inviting you to participate in a virtual gathering to learn, share, and experience together the value of healthy self-care as a teen.

Anyone between the ages of 13 and 18 can attend, and participants will be entered into a raffle for one \$25 Amazon gift card each session. If you are younger than 18, a parent or guardian must approve your participation.

It's free to join, and conversations are guided by a licensed professional from Nevada Health Centers.

We are ready to listen to your needs and concerns, and to provide you with effective self-care resources to help you navigate the world around you.

If you have questions about these sessions, please e-mail Steven Brotman, MS, director of behavioral health operations, at BH@nvhealthcenters.org.

Session #1 • July 14, 2021

Understanding mental health & mindfulness

Session #2 • August 11, 2021

Mindfulness & reducing COVID stress

Session #3 • September 8, 2021

Creating healthy boundaries

Session #4 • October 13, 2021

Increasing independence

Session #5 • November 10, 2021

Developing healthy communication skills

Session #6 • December 15, 2021

Healthy communication skills (cont.)

Session #7 • January 12, 2022

Reducing reactivity & creating a WISE mind

Session #8 • February 9, 2022

Building healthy self esteem

Session #9 • March 9, 2022

Regulating emotions & decreasing distress

Session #10 • April 13, 2022

Regulating your ANTS



*Space is limited,
so register today*

nvhealthcenters.org/vscs