



CASA YOUTH SHELTER PRESENTS

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SELF DISCOVERY GROUP

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LEARN MORE ABOUT:
COPING SKILLS
SOCIAL MEDIA SAFETY
SELF-ESTEEM
EMOTIONS AND COPING
HEALTHY RELATIONSHIPS AND
BOUNDARIES

6 WEEK SESSIONS

OAK MIDDLE SCHOOL

MCAULIFFE MIDDLE SCHOOL

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YOUTH SHELTER AND OUR
COUNSELING SERVICES?
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