



Adolescent - Coping with STRESS

Grades: 8th through 12th
Class Size: 4-10 Youth per session

To sign up: tammany@azyp.org

Session 1:	Tuesday, March 7, 2017	Getting to know each other / Mood Diary
Session 2:	Tuesday, March 14, 2017	Coping with Stress
Session 3:	Tuesday, March 21, 2017	Changing Your Thinking
Session 4:	Tuesday, March 28, 2017	Stressful Situations & Negative Thinking
Session 5:	Tuesday, April 4, 2017	The POWER of Positive Thinking
Session 6:	Tuesday, April 11, 2017	Changing Negative Thinking to Positive Thinking
Session 7:	Tuesday, May 2, 2017	Irrational Thinking
Session 8:	Tuesday, May 9, 2017	Disrupting Irrational Thinking
Session 9:	Tuesday, May 16, 2017	The C-A-B Method
Session 10:	Tuesday, May 23, 2017	Dealing with Activating Events
Session 11:	Tuesday, May 30, 2017	Thought-Stopping Techniques
Session 12:	Tuesday, June 6, 2017	Planning for Stressful Situations
Session 13:	Tuesday, June 13, 2017	Preventing the "Blues"

Question, Persuade, Refer - Tuesday, June 20, 2017 @ AZYP/YADAH Office, The Shops At Havasu

Location: Mohave County Public Library-Lake Havasu Branch, McCulloch
Address: 1770 N. McCulloch Boulevard
Date/Day: Tuesdays - beginning March 7th
Time: 3:50 to 4:25 pm

Hosted by: Young Adult Development Association of Havasu (YADAH)
 and
 Arizona Youth Partnership

To obtain more details: Tammany McDaniel tammany@azyp.org