

# TEEN PEER SUPPORT GROUP NOW ONLINE!

This can be an especially stressful time for everyone, so the YPAs are here to help you maintain your wellness and self-care despite the changes around us.

This peer support group is open to adolescent youth between the ages of 13-18. Youth Peer Advocates facilitate this strength-based group to give youth the opportunity to connect with their peers, validate each others' experiences, and discuss management of mental health. The group offers a safe place for youth to receive support as well as to celebrate accomplishments and practice self-care skills.

## APRIL 2020 SCHEDULE

Wednesday April 1st, 8th, 15th, 22nd, & 29th  
from 3:00-4:30 PM via Zoom Meeting

**FOR MORE INFO OR TO RSVP:**

Email: [peersupport@mhawny.org](mailto:peersupport@mhawny.org)

Call: (716) 886-1242 X 345

Call or Text: (716) 245-5339

**Sponsored by:**



mental health  
advocates  
of WNY  
[www.mhawny.org](http://www.mhawny.org)