

# SEEKING SAFETY GROUP

Do you ever get angry easily? Have a hard time trusting other people? Ever ask yourself, “why do bad things keeps happening to me?”  
Do you have hard time holding down a job?

Come learn new ways to deal with the stress.

**Start Date:** August 2<sup>nd</sup>  
**End Date:** September 27<sup>th</sup>

**When:** Fridays  
10:30AM-12PM

**Cost: Free**

**Where:**

**The Up Center**  
222 W. 19<sup>th</sup> St.,  
Norfolk, VA 23517

For More Information or to register please contact:  
757-965-8622

or

[kasey.sokol@theupcenter.org](mailto:kasey.sokol@theupcenter.org)

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