

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: July 12th
End Date: September 27th

When: Fridays
10:30AM-12PM

Cost: Free

Where:

The Up Center
222 W. 19th St.,
Norfolk, VA 23517

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

or

kasey.sokol@theupcenter.org

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