



**Feeling confused? And Overwhelmed?
Trouble Managing Your Emotions?**



You're Invited to Join:

Mood Management

A Skill Building Program for Youth

**Where? New Path Youth and Family Services
(46 Wellington St. West, Alliston - upstairs)**

**When? October 15- November 26, 2018
Mondays 4:00- 5:00 pm**

How? Contact Student Services or Guidance

OR

Visit us at any New Path Walk-In Clinic

(www.newpath.ca for details)