

MINDFUL TEEN: FROM SURVIVING TO THRIVING IN A BUSY WORLD



Engaging 6-session series about practical strategies to manage stress, difficult emotions, & help improve overall well-being, relationships, and performance in school, sports, the arts, & other daily activities.

**THURSDAYS,
APRIL 1 TO MAY 6
4:30-5:30PM
AT THE CLINTON
PUBLIC LIBRARY
BOOK & JOURNAL
INCLUDED.**



**GRADES 7-12
WELCOME!
SIGN UP BY
APRIL 1.**

**REGISTER AT:
<https://bit.ly/3bTGMXZ>**

This institution is an equal opportunity provider. For the full non-discrimination statement or accommodation inquiries, go to www.extension.iastate.edu/diversity/ext.



IOWA STATE UNIVERSITY
Extension and Outreach

Clinton County Extension and Outreach
400 E 11th St DeWitt, IA 52742
clinton4h@iastate.edu