

FINDING HOPE

at Group

with **Andrea Di Benedetto & Flower Noble**



Life can be tough at times. Come talk with us about what's on your mind: coping with the loss of a loved one, navigating stress at school, or scary stuff in the news. Let's develop new coping strategies and find hope, together.

Sobriety Support Group

For anyone who wants to live a sober lifestyle or cope with a loved one's substance use. **Ages 13-19**

Young Adults Life Group

For young adults navigating life and wondering what's next. **Ages 18-24**

Finding Hope After Loss Group

For anyone who has experienced loss of any kind. **Ages 13-19**



Don't see the one you want?

Send us your ideas!

All programs offered free of charge!


**JOIN US AT GROUP, CONNECT WITH FRIENDS,
& FIND HOPE TO LIVE YOUR BEST LIFE.**

Call or Text to sign up **207-370-8111**

Date & Time to be determined by group members – food provided.

Let us know if you need help with transportation!

 adibenedetto@me.com

 207-370-8111

 www.midcoastyouth.org/group

 All groups will be held in Bath

Funded by Sagadahoc County Working Communities & American Academy of Pediatrics