

# Spring 2024 Middle & High School Group Sessions

## Vision Board Group Sessions



- M.S. Group is on Mondays, 4/8-4/29/2024 from 7-8 p.m.
- H.S. Group is on Thursdays, 4/11-5/2/24 from 7-8 p.m.

## Mindfulness/Meditation Group Sessions



- M.S. Mindfulness Group is on Mondays, 5/6/23-5/27/24 from 7-8 p.m.
- H.S. Mindfulness Group is on Thursdays, 5/9/23-5/30/24 from 7-8 p.m.

**Spring Special \$149 for All Sessions!**

**(\$200 Value)**

If interested in registering your child, please contact Alexandra Henderson, LCSW for details at 503-908-2708 or [ahendersonlcsw@proton.me](mailto:ahendersonlcsw@proton.me)  
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