



MENTAL HEALTH ASSOCIATION
FIND WELLNESS

Teen Support Group

P.E.A.C.E.—Peers Encouraging A Caring Environment



2018/2019 Schedule

Mondays 6:00 PM—8:00 PM

Westside	Downtown	Eastside
<u>Renaissance Academy</u> 299 Kirk Rd, Rochester 14612	<u>MHA Rochester</u> 320 N Goodman St. Rochester 14607	<u>Penfield High School</u> 25 High School Dr. Penfield 14526
September 10, 2018	October 1, 2018	September 17, 2018
October 22, 2018	November 5, 2018	October 15, 2018
November 26, 2018	December 3, 2018	November 19, 2018
December 10, 2018	January 7, 2019	December 17, 2018
January 14, 2019	February 4, 2019	January 28, 2019
February 11, 2019	March 4, 2019	March 18, 2019
March 11, 2019	April 1, 2019	April 22, 2019
April 8, 2019	May 6, 2019	May 20, 2019
May 13, 2019	June 3, 2019	June 17, 2019
June 10, 2019		

Meetings are free, refreshments are provided, and *registration* is required.

If you're a teen, between the ages of 13-18, PEACE is for you.

We encourage open and honest sharing of thoughts, emotions, and dreams among peers. To oversee the meeting and ensure a caring and safe environment, there will be at least (2) two facilitators at every PEACE group. The facilitators are not therapists and will not offer therapeutic advice.

The Mental Health Association fosters an environment to build skills and provide support to individuals facing a mental health challenge, empowering them to make informed decisions on their self-directed path to wellness.

To register:
585.325.3145 x131 or
mharochester.org/family

