

EDUCATIONAL CLASSES

FOR ADOLESCENTS
IN GRADES 5-12

Virtually

MONDAYS

MENTAL & BEHAVIORAL HEALTH
4:00-5:30 PM CST

Oct 2: Healthy Relationships Part II
Oct 9: Character Development Part I
Oct 16: Character Development Part II
Oct 23: Anxiety
Oct 30: Depression
Nov 6: Healthy Relationships Part I
Nov 13: Healthy Relationships Part II
Nov 20: Character Development Part I
Nov 27: Character Development Part II
Dec 4: Anxiety
Dec 11: Depression
Dec 18: Healthy Relationships Part I

TUESDAYS

VAPING **NEW**
4:00-5:00 PM CST

Oct 3: Effects of Vaping Part I
Oct 10: Effects of Vaping Part II
Oct 17: Treatment Options & Resources
Oct 24: Effects of Vaping Part III
Oct 31: Signs, Symptoms, & Statistics
Nov 7: Mental Health
Nov 15: Effects of Vaping Part I
Nov 21: Effects of Vaping Part II
Nov 28: Treatment Options & Resources
Dec 5: Effects of Vaping Part III
Dec 4: Signs, Symptoms, & Statistics
Dec 19: Mental Health
Dec. 26: Effects of Vaping Part I

THURSDAYS

SUBSTANCES ABUSE
4:00-5:30 PM CST

Sep 28: Mental Health Part II
Oct 5: Substance Abuse Part I
Oct 12: Substance Abuse Part II
Oct 19: Substance Abuse Part III
Oct 26: Anger Management
Nov 2: Mental Health Part I
Nov 9: Mental Health Part II
Nov 16: Substance Abuse Part I
Nov 23: No Classes - Thanksgiving
Nov 30: Substance Abuse Part II
Dec 7: Substance Abuse Part III
Dec 14: Anger Management
Dec 21: Mental Health Part I
December 28: Mental Health Part II