



# COMMUNITY COUNSELING GROUPS

## ABOUT OUR SERVICES

Offers **free** mental health group counseling services for youth ages 14-17 in Washington County.

### Hartford Group



#### Anxiety

Focused on treating anxiety, recognizing triggers, and developing coping skills



#### Open Format

Join anytime!



#### Monday Evenings

Mondays 5:30-6:30 pm  
beginning November 28  
through June 26



#### Hartford Resource Center

38 Sell Drive, Hartford, 53027

### West Bend Group



#### Depression

Focused on treating depression, recognizing triggers, and developing coping skills



#### Open Format

Join anytime!



#### Thursday Evenings

Thursdays 5:00-6:00 pm  
December 1 through June 29



#### Youth and Family Project

628 Elm Street, West Bend, 53095

## Registration Required:

Email your name, contact information, and group location to [CCP@youthandfamilyproject.org](mailto:CCP@youthandfamilyproject.org)

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Mental Health Initiative



United Way  
of Washington County