

MERCY MINISTRY NEWS BEGINNING THE WEEK OF MAY 7th

It is with great pleasure to announce that clinical groups at Center for Families Bryn Mawr will begin **the week of May 7th!** We will have a life skills group for teens struggling with mental health, a substance awareness group for teens, and a DBT (dialectical behavioral therapy) group for teens! Admittance for these 3 groups will need to go through our admissions process; if anyone is aware of teens/families in the community looking for these services, please feel free to contact the Center for Families, **1225 Montrose Avenue, Bryn Mawr, PA 19010**, centerforfamilies.com or **610-675-9077**.

*We will also be adding in a community yoga class for teens (**beginning May 16th**) and a music therapy group for teens, both of these groups are community based and do not require registration to attend!*

We are super excited to finally have groups up and running; we have a great crew of clinicians to teach these courses and we look forward to begin our helping work within the community.

Mondays:

- * FREE parent support group mental health 7:00-8:30pm
- * Life skills mental health group for teens 7:00-9:00pm, requires registration

Wednesdays:

- * Yoga 6-7p, open to community (begins May 16)
- * FREE parent support group for substance abuse 7:00-8:30pm
- * Substance awareness group for teens 7:00-9:00pm, requires registration

Thursdays:

- * DBT 4:00-5:00pm, requires registration
- * Music therapy 5:00-6:00pm, open to community