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| COPING SKILLS Group for adults |
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| **•** THURSDAY’S **•**STARTS April 15th, 2021 |
| **•** 6:30pm-7:30pm **•**for 6 weeks |
| **•** ZOOM, online **•**will receive a link following payment |
|  |
| Calming Skills • Coping Skills |
| The cost is $39.99 each week, paid by the Wednesday before or $225 if paid in full for all 6 weeks. |