Getting Back up Again

10-week program for teens

- Have you been bullied?
- Have you experienced challenges in your friendships?
- Are you worried about your social life at school?

Topics Include:
> Managing emotions
> Stress management
> Mindfulness skills
> Assertiveness
> Choosing good friends
> Building self-confidence
> Staying safe online

The MSU Psychological Clinic is offering a program for teens that have run into difficulties in peer relationships. This may include bullying, cyber-bullying, peer victimization, or more general difficulties coping with stressful social situations.

GBA is supervised by Natalie L. Moser, Ph.D., a licensed clinical psychologist and Director of the MSU Psychological Clinic.