



**College Wrap™**

A DIVISION OF SOUTH COAST COMMUNITY SERVICES

# Life Skills Group

*with College Wrap*

**Mondays 5pm-6pm**

**Wednesdays 11am-12pm**

Beginning May 23rd and 25th

**If you are interested in attending:**

<https://zoom.us/j/99483379826pwd=MU8yWmltd3JUUV3V4SVFiYjNIUE9zdz09>

Meeting ID: 994 8337 9826

Password: 392315

## Potential Topics:

Boundaries

Grounding Techniques

Self-Care

Communication

Mindfulness

