



Guiding Teens and Families to Healthy Coping during the Coronavirus Pandemic

**Tuesday, August 25th
10am-11:30 am via Zoom**



Facilitated by:
Jennifer Ellis Walters, LCSW
*Outpatient Therapist & Special
Needs Program Coordinator*
Jewish Family Service of Somerset,
Hunterdon and Warren Counties

Participants will be able to:

- Identify warning signs and symptoms of stress in teens
- Understand underlying causes of increased stress
- Learn practical strategies for building a support system with better communication and coping skills for teens and their families

To register, contact Gretchen Craig at gcraig@co.somerset.nj.us

Suggested Fee: Donation to JFS Emergency Relief Fund

*Your donation to Jewish Family Services helps to provide quality services & programs
not fully funded by other sources.*

<https://jewishfamilysvc.org/ways-to-help.php>

A Collaboration of the Somerset County Youth Services Commission and Jewish Family Services



SOMERSET COUNTY
OFFICE OF YOUTH SERVICES

