

Bridge to Success

VIRTUAL



A stress management program that teaches coping strategies to address stressful situations at home and interpersonal relationships. This program covers topics such as healthy coping strategies vs. unhealthy coping strategies, effective communication, social support, healthy living (eating right, being active, getting good sleep) and refusal skills.

Mondays: 6:00 - 7:00 PM

8 Sessions: June 23 - August 11, 2025

[Click here to register](#)

Slots are limited

This program includes a \$50 AMAZON gift card for completion.

This program is brought to you by:

