

# 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.

**Wednesdays: 6:00 - 7:00 PM**

**8 Sessions: March 11 - April 29, 2026**

[Click here to register](#)

**Slots are limited to the first 20 registrants**

**\*MUST be a resident of Somerset or Hunterdon County, NJ**

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

This program is brought to you by:

