

# BECOME A WARRIOR, NOT A WORRIER

A YOUNG ADULT SUPPORT GROUP FOR  
PERFECTIONISTS AND THOSE COPING WITH STRESS

TUESDAY, FEBRUARY 13TH-  
TUESDAY MARCH 27TH  
(SKIP THE WEEK OF MARCH 3-11, SAT.-SUN.  
BECAUSE OF SPRING BREAK)

5:30 - 6:30pm



FACILITATED BY: LAURA LITTLE, LPC-MHSP (temp)

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