



**PLEASE JOIN KEYSTONE STAFF AND OTHER YOUTH FOR:**

## Virtual Covid Youth Group

A group about managing your emotions during Covid19

This group provides connection, coping tools, self care  
and normalization of feelings during this pandemic

Using art, music and journaling

Ages 12 to 15

Runs for 3 weeks 1.5 hours each

Group dates- Tuesday July 14, 21, and 28

Time- 3:30pm-5:00pm

You **MUST** be enrolled with Keystone to join  
this series.

Families can self refer to Keystone by calling 519-371-4773 ext: 180