



# The Stress Resistant Squad



**Come join our middle school Zoom drop-in mental health group every Tuesday from 2 PM to 3PM!**

**Topics in group include but are not limited to:**

- Anxiety Support
- Meditation
- Yoga
- Mindfulness workshops
- Depression Support
- Crisis Resources
- Brief Therapy
- Social Support
- Trending TikToks
- Etc

**No  
registration  
required,  
just come  
on in if you  
need to  
chat**

**Zoom Link:**

**<https://natalispsychology.zoom.us/j/98618906431>**

**Meeting ID:**

**986 1890 6431**

