

BLOOM AND GROW COACHING PRESENTS

A completely **free** support group for youth and young adults ages 16–19. The group will focus on emotional wellness, leadership development, and job readiness—including résumé building, mock interviews, CPR certification, industry guest speakers, and goal-setting.

Rise and Thrive



Group will meet on the following Mondays from
5:30–7:00 PM:

October 27

November 3, 10, 17, 24

December 1, 8, 15



Please note: There are two Thursday groups
December 4, 11

Snacks and dinner provided.

Transportation available if needed.



31 Belvidere Avenue
Washington, NJ 07882



Not sponsored by WTSD