



AIDAN
BEHAVIORAL
HEALTH &
CONSULTING

A SAFE SPACE FOR BIG EMOTIONS

YOUTH CIRCLES (AGES 11 – 18)

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BUILDING FRIENDSHIPS (SOCIALIZING)
CHANNELING FRUSTRATION (ANGER/FRUSTRATION)
CONFIDENCE CIRCLE (SELF-CONFIDENCE)
EXPLORING ME (SELF-ESTEEM)
GET PSYCHED (LOW MOTIVATION)
HEALING HEARTS (GRIEF & LOSS)
SAFETY ZONE (BULLYING SUPPORT)
WORRY TRAIN (ANXIETY)

P.E.E.R. YOUTH PREVENTION PROGRAMS
1030 BURLINGTON LANE, SUITE 5
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