



Sacramento City
UNIFIED SCHOOL DISTRICT

SEEKING STUDENTS FOR VIRTUAL TEEN GROUP:

Are you a 9th grader feeling like you are struggling alone?

Are you experiencing anxiety and/or depression?

Looking for a safe & supportive environment to explore your concerns during this challenging period?

If so, "Embracing Change" teen group may be right for you.

Sign up here: <https://linktr.ee/lauramaganascusd>

Requires commitment of 1 hour per week for 8 weeks.

Projected group start date: January 2021

***This group will be facilitated by a group leader with an MD degree.**

**Please send questions to:
Laura Magana at laura-magana@scusd.edu**

HOSTED BY:

**SCUSD
CONNECT CENTER**