

# Teen Grief Support Group

# NINJA COURAGE

*A safe space for teens to connect, process grief, and find strength and confidence through movement*

**IN PARTNERSHIP WITH BAKER PROFESSIONAL COUNSELING AND ELITE NINJA, THIS GROUP GIVES TEENS IN GRADES 7TH–12TH A SPACE TO:**

- Talk about loss in a safe, understanding place
- Learn ways to handle tough emotions
- Use movement and mindfulness to feel grounded and strong
- Connect with others who “get it” to find hope, confidence, and healing



## WHEN

Feb. 6 – Mar. 13, 2026

Weekly on Fridays  
from 5:00–6:30 pm

## WHERE

Elite Ninja Academy  
100 W. Ridge Ave.  
Sharpstown, PA 16150

## SIGN UP

Registration is required. Please call Dr. Scott Baker at 724-201-2779 or scan QR code.

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