

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.
Sharpsville, PA 16150

SIGN UP

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

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