

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 ACADEMY, THIS GROUP GIVES TEENS IN GRADES 7TH–12TH A SPACE TO:

- Use movement and mindfulness to feel grounded and strong
- Learn ways to handle tough emotions
- Connect with others who “get it” to find hope, confidence, and healing

WHEN

5:00–6:30 pm on the following Fridays...

- April 24
- May 29
- June 26
- July 31
- August 28
- September 25
- October 30
- November 20
- December 18

WHERE

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

QUESTIONS?

Please call Elite Ninja Academy at 724-383-4119

Powered by a partnership of:



buhlregionalhealthfoundation.org/ninja

