

Come join us every Tuesday at 4:30pm for

HELPING HANDS

...a group dedicated to exploring issues that matter to *you*.



a new you



Topics include:

Growing our self-esteem (4 weeks)

Taking healthy risks

Handling grief

Forgiveness

Handling Guilt

Please let us know at Drop-In if you have ideas for topics you'd like to see discussed (847) 621-2040 Ext. 117.

Kenneth Young Drop-In Center

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