

MAY





Mansfield Calendar

2026

Group Offerings

- THE TEEN COLLECTIVE W/ SONIA-A SPACE FOR YOUTH AGES 14-17 TO WORK ON INCREASING SELF-WORTH AND CONFIDENCE, UTILIZING CBT AND DBT SKILLS.
- CREATIVE MINDS W/ LEXI(SEE COLOR CHART)- A SPACE FOR YOUTH TO EXPLORE EMOTIONAL EXPRESSION THROUGH ART AND BUILD SOCIAL SKILLS IN THIS GROUP SETTING.
- RISE & THRIVE W/ ADDY- A SPACE FOR BOYS AGES 12-17; A SELF-EMPOWERMENT GROUP AIMED TO INCREASE SELF-ESTEEM, IMPROVE DECISION-MAKING SKILLS, AND ACHIEVE PERSONAL GOALS AND GROWTH.
- STRONGHER TOGETHER W/ ADDY- A SPACE FOR GIRLS AGES 12-17; A SELF-EMPOWERMENT GROUP AIMED TO INCREASE SELF-ESTEEM, IMPROVE DECISION-MAKING SKILLS, AND ACHIEVE PERSONAL GOALS AND GROWTH.
- CHILL & CHAT W/ CRISTAL(BILINGUAL)- A SPACE FOR YOUTH AGES 14-17 TO DECOMPRESS AND WORK THROUGH AND IDENTIFY SOCIAL ANXIETY.
- LEARN TO MANAGE EMOTIONS W/ SOPHIA(SEE COLOR CHART)- A SPACE FOR YOUTH STRUGGLING WITH BEHAVIORAL CONCERNS. LEARN HOW TO IDENTIFY AND VERBALIZE YOUR EMOTIONS IN AN EFFECT WAY.

Ages for biweekly group offerings

-  Ages 5-9
-  Ages 12-17
-  Ages 10-13
-  Ages 6-11

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4 5-6pm- Learning to Manage	5	6 4-5pm- Creative Minds 5-6pm- Teen Collective Group	7 5-6pm- Rise and Thrive	8
11 5-6pm- Learning to Manage 6-7pm-Chill and Chat	12	13 4-5pm- Creative Minds 5-6pm- Teen Collective Group	14 5-6pm- StrongHER TogetHER	15
18 5-6pm- Learning to Manage 6-7pm-Chill and Chat	19	20 4-5pm- Creative Minds 5-6pm- Teen Collective Group	21 5-6pm- Rise and Thrive	22
25 Office Closed	26	27 4-5pm- Creative Minds 5-6pm- Teen Collective Group	28 5-6pm- StrongHER TogetHER	29