

COOL “TEENS TOGETHER” GROUP

Yeah, we are on our way!

Our group is growing and gaining momentum.

Join in the fun on

SATURDAY, NOVEMBER 9 • 1-3PM AT

VISTA CENTER FOR THE BLIND & VISUALLY IMPAIRED

2470 EL CAMINO REAL • SUITE 107 • PALO ALTO

In October, we talked about the Department of Rehabilitation, how to become a consumer of DOR services, and discussed effective ways to communicate our needs. We also began a discussion about situations that create a feeling of stress and anxiety and, then, touched on ways to work through and deal with these situations. There tends to be more stress and anxiety around this time of year with studying, exams, projects, papers due, and holidays. So, we will continue our discussion on the impact of stress on our lives and effective techniques to manage stress. We look forward to having you join us!

Teens Together" is an informal group for a person who is blind or visually impaired between the ages of 13 and 20 years. Together, we will talk about challenges, explore problem-solving techniques, find solutions, and use these strategies to be successful!

Together, we will:

- Focus on solutions for life's challenges
- Enhance our independent living skills
- Share apps and technology
- Discover resources and community services
- Identify and address issues related to school
- Explore future college and career opportunities
- Work on effective communication skills
- Discuss how to establish & maintain healthy relationships
- Develop coping strategies
- Encourage one another and lend support
- Learn new things and have fun!

Real See-lutions[©]

To fit the pieces together in your world!

