



# Family Support at The Bridge

*Free family support group to find guidance, support  
and learn tips on how to communicate and connect  
with your teen.*

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**Beginning Thursday, April 20th**  
**Bi-Weekly on Thursdays from 7:00-8:00 PM**  
**Virtual and in-person options available**

*facilitated by LaDonna Jackson, MA, MFT,  
The Bridge for Youth Mental Health Practitioner*

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**For more information  
contact:**

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