

# Lindner Center of HOPE

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Professional Associates

## **Adolescent Ehlers-danlos Syndrome Group**

This group is for adolescents diagnosed with Hypermobile Spectrum Disorder and Ehlers-danlos Syndrome to address the mental health challenges that come with this condition. We will focus on learning skills to cope with stress, grief, anxiety, and depression.

**Thursdays 4-5pm at Lindner Center of HOPE**

**January 4- February 22, 2024**

**Ages: 13-17**

**Contact: [Sidney.hays@lindnercenter.org](mailto:Sidney.hays@lindnercenter.org)**

