

Hey I participated in G.O.A.L. and trust me when I first started I was thinking "ugh this is gonna be so stupid and a waste of my time." but really I learned so much in G.O.A.L! I was the shyest girl in the group but once I got to know the people I opened up and started to share my feelings and making new friends and just laughing and having fun!

~~Ex:~~ I learned so much in this group, Ex: when I get mad I would know how to stay calm!

Social skills

Coping skills

Controlling Anger

Things like that you'll learn so much in this group I promise It ~~is~~ just takes some time!  
open up  
make new friends  
And have fun!

And trust me in the future you'll be such a better person loving, caring etc. person I changed a lot. now I'm helping people, staying out of trouble getting good grades making new friends etc.  
Hey now I'm not shy!

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