

## The Feeling Better Teens Pilot Study

### Are you a girl in high school:

- Who's in a fight with her best friend?
- Who's having a rough time with school?
- Who's having trouble in a relationship?
- Who is feeling the pressure?



**We have an online program that could help you deal with the stuff that stresses you out!**

But we need your help to test it out.  
For more information about the Feeling Better Teens Study:

- Call us at 470-7097
- E-mail us at [feelingbetterteens@iwk.nshealth.ca](mailto:feelingbetterteens@iwk.nshealth.ca)

*You will be reimbursed for your participation in this study. You must be between the ages of 15 and 18 and have been in high school for at least one year to participate.*