



TEEN THERAPY GROUP

This virtual group therapy is for teens ages 13-18 who are experiencing adjustment difficulties, mood changes, and/or social isolation related to or exacerbated by the anxiety, isolation, and uncertainty brought on by Covid-19. This virtual Teen Therapy Group offers a safe environment to explore and promote:

- Connecting with teens experiencing similar challenges;
- Learning and practicing strategies to help with symptoms of stress, anxiety/depression, and social anxiety;
- Acquiring and integrating coping skills to assist with readjustment to school and community.

Group leaders will use integrated therapy approaches including expressive therapies and cognitive behavioral therapy and mindfulness, to promote self-awareness, self-expression, and specific coping skills to increase individual resiliency and support between group members. Please contact Jennifer Hannett or Kelly Walker (contact information below) to make a referral or for more information. *NOTE: Specific start date may change depending on referral patterns.*

GROUP DETAILS

DURATION 8 Weekly Sessions

COST \$55 per session

START DATE September 28, 2021 (target start date);
DAY / TIME Tuesdays, 6:00PM to 7:30PM

CLINICIANS Jennifer Hannett, LCSW
Kelly Walker, LMFT

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