TEEN TELE-THERA PY SUPPORT GROUP

This teen tele-therapy group offers a unique opportunity for teens experiencing symptoms of depression, anxiety, or mood disorders to gain support, healthy coping skills, relaxation skills, self-care strategies, and connection and socialization with other teens. Through an engaging, creative, and structured cognitive behavioral therapy (CBT) approach, participants will learn how their thoughts influence feelings and impact behavior.

Participants will also learn and practice safe and appropriate ways to cope with difficult thoughts, feelings, and circumstances, including those elicited by our current situation with Covid-19 and its’ impact on our lives.

GROUP SERVICE DETAILS - WEDNESDAYS

DURATION 6 Weekly Sessions
COST $55.00 per group session
START DATE April 2020 TBD based on referral patterns. Please email interest!
DAY / TIME Wednesdays: 5PM – 6PM
FOR Adolescents, 13 to 19 years
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