

Why Go It Alone?



Do you find your self struggling with the many stresses of being a teenager? Maintaining your GPA, attending practices/activities, and finding the right social fit - to name but a few. We are here for you and you are not alone! Surviving as a teenager today can be challenging in ways your parents never encountered. Academic pressure, peer pressure, social media, fulfilling expectations, engaging in family relationships, and finding the right fit - understandably, it's a lot to navigate.

What if you had a support group of peers, that understood and shared these feelings? We have taken the opportunity to invite clients who might benefit from learning, sharing, and supporting one another toward this end. The group will consist of teens who are in the early stages of the high school experience. Whether you are prepping for your freshman year - or just finished it - you will have something to both gain and offer in this group.

The Deets

- 6/6, 6/8, 6/13, 6/15
- 2-3 pm
- insurance coverage
or self pay \$75 per session

The How

- tell your clinician you want in
- just show up