

Adolescent Group

Description:

Group members will learn to identify uncomfortable feelings and what to do with them, Healthy communication skills and how be successful when making important life choices. Members will learn to use coping skills, emotion regulation techniques, as well as therapeutic journaling.

Discussion topics include: healthy relationships, self-esteem, self-respect, healthy eating/body-image, coping tools, living a balanced life, self-care, & communication skills.

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