



NAVIGATING THE CHALLENGES OF EARLY ADOLESCENCE

A SIX-WEEK IN-PERSON THERAPY GROUP FOR TEENS AGED 13 TO 15

Are you a teen who struggles with anxiety and connecting with others? Here you'll learn coping skills to manage stress and build resilience! Connect with others who struggle with similar issues and create new friendships!

June 16 to July 21, 2022
1:30 - 3:00 PM on Thursdays
\$137.50 per session
[Click here to sign up](#)