

JOURNEY

TEEN THERAPY
GROUP

Hang in there. You are not alone.



BE STRONG,
BE FEARLESS,
BE BEAUTIFUL.
AND BELIEVE
THAT ANYTHING
IS POSSIBLE WHEN
YOU HAVE THE
RIGHT PEOPLE
THERE TO
SUPPORT YOU.

- Misty Copeland

OPEN TO
TEENS AGES

14 - 18

2nd and 4th
Wednesdays

5 - 6pm

NO COST

Year-round
open
enrollment

This group gives teens a safe place to speak openly about their lives and work through common concerns often encountered on the journey to adulthood. We focus on practical and effective skills shown to reduce anxiety, depression, and negative self-talk and increase positive behaviors and achievement.

Discussion topics include:

- Mindfulness
- Emotional Regulation
- Building a Supportive Environment
- Coping Skills
- Cognitive Distortions
- Self-Esteem
- Gratitude
- Anger Management
- Goal-Setting
- Problem-Solving
- Resilience
- Positive Thinking
- Communication Styles
- Healthy Versus Unhealthy Relationships
- Empowerment

For more information or to sign up, please contact
Anna Lydka at alydka@mainetown.com or 847-297-2510 x258.



MaineStay
YOUTH & FAMILY SERVICES

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