

GROUP THERAPY SESSIONS

TEEN SUPPORT GROUP

This group is open to teens, ages 14-18, and is a skills-based group designed to address the following topics:

- Emotion Regulation
- Stress & Anxiety
- Relationship Issues
- Time Management
- Mindfulness



Call to schedule - spots are limited

Sessions last 90 minutes
\$30 per session per person
Sessions span 8 weeks
Tuesdays - 4:00p - 5:30p

**HURON BAY
COUNSELING SERVICES**

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“Find Your Balance”