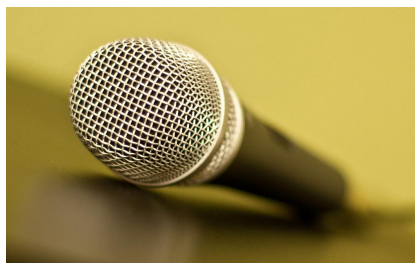


Therapeutic Counseling Group facilitated by...
First Position Therapy & Counseling Center, LLC.

Coping Skills for Teens



<p>GROUP FOCUS</p>	<p>What is a Coping Skill? A coping skill is a purposeful strategy or mechanism that is used to help to manage or mitigate any stressors that you may be dealing with. This group will teach preteens & teenagers how to effectively manage their struggles and choose positive behaviors as opposed to negative behaviors. Group members will also learn about self-care and finding out what works best for each group member. The therapist will help each group member to find the coping skills that will be most beneficial for them! They'll also benefit from sharing strategies with the group!</p>
<p>SESSION START (DURATION); LOCATION</p>	<p>Fall 2021 (8 weeks); Saturday's Virtual/ Online Group</p>
<p>TARGET AGE GROUP/ GRADE</p>	<p>Cohort I: Ages 12-13 or Grades 6-8 Cohort II: Ages 14-17 or Grades 9-12</p>
<p>CONTACT</p>	<p>Email: whitneylpc@firstpositiontc.com Website: http://firstpostiontc.com</p>
<p>COST</p>	<p>\$40 per group session</p>