

Communicate even when it is uncomfortable or uneasy. One of the best ways to heal is simply getting everything out.

TEEN TALK

Your Feelings are
VALID!

Starting January 6, 2021

- **Therapy group for teens ages 13-18, Wednesday Evenings from 4:30-5:30 p.m., at 1215 Annapolis Road Suite 204, Odenton, MD 21113 (410-975-0067)**
- **Beneficial for teens struggling with behavioral concerns, depression, anxiety, PTSD, school performance, low self-esteem, and/or peer relationships.**
- **Teens will work on developing positive coping skills, communication skills, increasing self-esteem, and learning how to regulate their emotions in a safe supportive environment.**
- **Teens will utilize peers to gain support and normalize challenges teens experience on a daily basis.**

