

Empower your teen with Emotion Regulation skills this summer

Join Dr. Friedrich's therapy group utilizing the Unified Protocol for Adolescents - a treatment approach designed to help teens with emotional disorders

- **GROUP THERAPY WITH DR. FRIEDRICH**
 - 8 SESSIONS
- **PARENT COACHING**
 - 2 SESSIONS

Group 1

Youth Sessions: July 8- 31 Tuesday and Thursday
3:30-4:30PM In-person at SMRC

Parent Sessions: Jul 16 and 23 12:00-1:00PM virtual

Group 2

Youth Sessions: August 5-27 Monday and Wednesday (except Aug 5)
3-4PM virtual

Parent sessions: Aug 13 and 20 12:00-1:00PM virtual

TOTAL COST: \$600 FOR TEEN AND PARENT SESSIONS

**CONTACT ORACLE MENTAL HEALTH CLINIC
FOR MORE INFORMATION AND TO REGISTER
3062449944**

