

Unleashed Potential: Teen Group Psychoeducation & Psychotherapy



Are you concerned about your teen and noticing them:

- Saying "I'm bored"
- "Sus" with their phone
- Scrolling for hours
- Binging videos
- Prefers isolation
- "Missing" assignments
- Intolerant of others
- Growling instead of talking
- Thinking they're superior
- Hiding things on their phone
- Meeting "friends" online
- Threatening self-harm
- Self-harming
- Using substances
- Engaging in risky behaviors
- Giving you the "ick"
- "Lowkey" depressed
- Moody

Does your teen make you feel:

- Afraid to look at their phone
- Afraid to ask them how they are
- Like you're a failure as a parent
- Confused as a parent
- Hopeless or helpless
- Concerned about their future

Grades 6-7 and 8-9 will be in separate groups

Location: There will be a virtual and in-person option at our office in Oakdale

Days: Mondays starting on January 13th for 6 weeks

Group Time: 5:00 PM - 6:30 PM

Cost: Cost varies depending on insurance and income

\$0-\$150 per session depending on insurance and private pay/sliding fee discount

Grub fee for in-person groups: \$50 to cover meals for 6 weeks, which will be provided

(We are working on outside funding to remove the grub fee. This fee may be reduced for low income families.)

Topics that will covered:

- Neuropsychology of Relationships
- Focus, Energy, and Motivation
- Innovative Thinking Strategies
- Brain-Body Connection
- Purpose and Drive
- Neurobiology of Addiction

For more information or to register, contact Katie Matteson directly (651-300-3063 or

kmatteson1@counselingkidsandadults.com) or visit

CounselingKidsAndAdults.com/Support-Groups

Register now for January Group!

Intake appointment required prior to group meetings.



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