

NOW OFFERING

GROUP THERAPY

AT PONDEROSA COUNSELING CENTER

Social Skills Group

This group is for teens who struggle with friendships, have difficulty picking up on others' social cues, have difficulty managing feelings and behaviors.

Beneficial for students with ASD and others.

Led by Laurie Reeder, PMHNP Tuesdays at 4:45pm

Create & Relate

This is the perfect way for teens who struggle to communicate thoughts and feelings to learn healthy self-expression through art and creativity.

Hands-on anxiety relief!

Led by KC Cullen, PMHNP Thursdays at 4:30pm

Mindfulness Group

This group is perfect for teens who want to have a better understanding of who they are and how to use specific skills to navigate life mindfully and confidently.

Led by Melissa Cvetkov, RN Wednesdays at 4:30pm

Who?

Current groups are geared towards high school-aged teens.

When?

Weekly for 8 weeks.

Where?

Our group room below our office. Suite 102

Cost?

\$50 per group

Total investment: \$400

VISIT OUR
WEBSITE FOR
DETAILS OR
TO SIGN UP!

ponderosacounseling.com

720.542.3487