

Cheer up!  
Think positive!  
Try not to be so depressed  
Go out and have some fun  
You just need to give yourself a kick in the rear  
Other people have it much worse than you do  
Snap out of it  
It's all in your head  
Stop feeling sorry for yourself  
Happiness is a choice



# Teen & Preteen Counseling Groups



## Mindfulness Based Cognitive Behavioral Therapy Groups for

**Teen Group (High Schoolers): 9th, 10th, 11th, 12th Grade**

**Pre-Teen Group (Middle Schoolers): 5th, 6th, 7th, 8th Grade**

**Group Goals Include: Increasing Self-Esteem and Self-Awareness, Managing Stress, Navigating Peer and Social Groups, Body/Mind Wellness, Emotional Regulation, Coping with Anxiety, Substance Abuse Prevention**

**Go to [ResilienceCommunityCounseling.com](http://ResilienceCommunityCounseling.com) and click on the Teen Group Banner for more details**

**email: [group@resiliencecommunitycounseling.com](mailto:group@resiliencecommunitycounseling.com)**

