



# Teen Personal Growth Group

With Amy Luzar, LISW-S & Rebecca Biggar, LISW

## What is a Personal Group Group?

A process-oriented therapeutic group for adolescents ages 15-18 that is designed to help individuals make positive changes in relation to themselves and others. Through peer relationship building and maintaining, our group will allow teens to observe and reflect on their own thoughts, emotions, and behaviors in relation to their peers.

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### Group Objectives:

*Participants will:*

- ★ Increase Self-Awareness
  - ★ Learn Mindfulness Skills
  - ★ Increase Stress Management Skills
  - ★ Foster Social Connection with Peers
  - ★ A “safe place” where teens can belong being authentically “who they are”
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### Details:

**Who:** The group is for adolescents ages 15-18

**Time & Place:** The group will meet virtually on Zoom e/o Thursday, 5:45-7:00pm beginning September 10th, 2020.

**Interested in joining?** All prospective TGP Group members are required to participate in an initial, 10-15 minute phone consultation at no cost. This consultation will allow Amy and Rebecca to meet parents of prospective members and the members themselves, describe the TGP Group and expectations in more detail and answer any questions.

**Fee:** \$100 per session, making the commitment to pay in advance on a monthly basis. Payments can be made by cash or check to Amy Luzar, LISW and credit cards accepted.

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