



**L. O. L.**

## **Living Out Loud: Teen Support & Therapy Group**

*An on-going support and psycho-education group for adolescents learning to cope with and navigate life experiences while discovering who they are in the process.*



*Adolescents ages 14 -17 have the opportunity to:*

- Learn and practice:
  - Coping Skills
  - Social Skills
  - Problem Solving Techniques
  - Healthy Communication
  - Conflict Resolution
- Address topics such as:
  - Stress Management
  - Self-Esteem
  - Bullying
  - Identity Exploration
  - Social Media
  - Aspirations

**Begins August 22<sup>nd</sup>, 2018**

**Wednesdays 4:30 p.m. - 6:00 p.m.**

*(No meetings during the weeks of Thanksgiving and Christmas)*

**For questions or to register please contact:**

**Group Facilitator Isaac Lopez, LCSW**

**@ 708-383-7500 ext. 405**