

# Living Out Loud (LOL): Teen Support & Therapy Group

## Summer Sessions

*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

**Wednesdays 3 p.m. – 4:30 p.m.**

*June 19<sup>th</sup>, 2019*

*July 24<sup>th</sup>, 2019*

*August 14<sup>th</sup>, 2019*

For questions or to register please contact:

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