



# Living Out Loud (LOL): 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

**~ Starting September 16<sup>th</sup>, 2020 ~**

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

***(No groups Thanksgiving & Winter Holiday)***

For questions or to register please contact:

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