

# UPCOMING IN-PERSON GROUP

**It's Time to Spill the T.E.A.!!**

***Introducing our Newest Group for Teens:***  
**Teens Experiencing Anxiety (T.E.A.)**

**For Teens 13-18, co-ed**



- ~Effectively track anxiety symptoms and identify triggers**
- ~Develop coping skills through games, activities and group sharing**
  - ~Reduce social anxiety and social avoidance behaviors**
- ~Improve ability to handle stressful situations with confidence**

**Tuesday evenings 7:00pm-8:30pm**

**8 week group starting May 11, 2021**

**Perspectives Counseling Centers**

**888 W Big Beaver Rd, Ste 1450**

**Troy, MI 48084**

***Group Leader: Helen Paulsen, LMSW***

**Call (248) 244-8644 to register!**

**Space is limited so call now!**

**Cost: \$320**

**(\$40 Group intake necessary if not a current client.)**