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 September 28, 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.)