

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 January 11, 2022

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.)