



ADOLESCENT COMPREHENSIVE MENTAL HEALTH PROCESS GROUP

AGES: 13-17

Guided Curriculum:

Self-Esteem & Belonging

Identity & Values

Dealing with Loss & Depression

Autonomy & Interdependence

Managing Anxiety

Peer Relationships: Fitting in and Standing out

Healthy Family Relationships

COST:
**(\$60 PER 1.5-HR
SESSION)**

The adolescent comprehensive mental health group is a structured outpatient therapy group focused on supportive skill building for teens with mental health and behavioral concerns.

To sign up, please contact
Tanya Stuart: 225-771-9980