

# TEENAGE WORKSHOPS



**MEETS ONCE A MONTH ON THE 1<sup>ST</sup> FRIDAY AT 6PM**

Teenagers ages 13 to 17 are welcome to join our Monthly Workshop. The goal is to help teens learn the tools needed to reduce anxiety, depression, attention difficulties and to help them thrive in high school, not just survive.

This workshop is run by Therapist Associates so your teen will get a healthy therapeutic perspective with each topic. It will help them gain coping skills and enhance their high school experience. This will be interactive, and teens will be able to speak about their individual struggles without judgement.

**CALL OUR MAIN OFFICE TO RESERVE A SPOT AS SEATS ARE LIMITED.**

**WORKSHOPS ARE FREE**

## TEEN WORKSHOP TOPICS

Overcoming Anxiety

Bully Prevention

Fears of School Violence

Dealing with Depression

Identity Support

Attention and Concentration Issues

And Many More



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