



Stress Management for Teen Girls Monthly Group



GROUP TOPICS

This group will help teen girls learn how to cope with stressful situations, manage difficult emotions, improve communication, cope with peer pressure, develop self-confidence and self-acceptance, and learn coping skills. Group topics will focus on the mind-body connection, relaxation skills, goal setting for lifestyle changes, cognitive distortions and alternative thinking, and assertive communication skills.

WHO CAN BENEFIT?

Teens experiencing stress related to the pandemic, school, peer relationships, and family relationships.

FORMAT

A small group of teen girls will meet once a month for 6 sessions. Group sessions will be 60 minutes. Sessions will be held in person and in a safe and accepting environment.

AGES

13-16 years old

DATES/TIME

First Thursday of every month from 5:30-6:30 PM for six months. Group will start 10/14.

***Day and time are subject to change given participants availability.**

COST

\$360 for all six sessions (out-of-network). An intake session is required. A superbill to submit to insurance is available upon request.

LOCATION

30 East Padonia Road
Suite 202
Timonium, MD 21093

Contact Jenny Manning at 410-525-5333 or jenny@drtheresascott.com for more information about group and to schedule an intake.

www.childbehavioralhealthsolutions.com

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