

Managing Anxiety & Depression For Teens

Ages 12-18

Location: HSC- New Castle

130 W. North St.

Wednesdays:

June 19, 2019-August 14, 2019

12pm-2pm

This weekly group will allow teens to work on developing healthy coping skills, increase self-esteem, stress management skills, and build confidence in a safe and supportive environment. Teens will use supports in the group to normalize the challenges that teens experience on a daily basis. The group is facilitated by Master's Level Therapists.



If interested please contact:

Charlene Klinger, MA, NCC

724-510-3368

or

Emily Donohue, MSW

724-510-3282