

Depression & Anxiety Group for Teens



- Cost:** \$15.00 per group session or Insurance Payment
- What:** Come talk, learn new coping skills and receive support from peers. You are not alone in your struggle with depression and anxiety.
- Who:** Open to all 9th - 12th grade teens
- When:** Eight sessions – Mondays, February 1, 8, 15 & 22,
March 7, 14, 21 & 28, 2016
6:00 p.m.—7:00 p.m.
- Where:** Outreach Teen & Family Services
- Facilitator:** Jeff Longo, LCSW, Outreach Counselor

Attendance is mandatory to all eight sessions and registration is required.

Outreach Teen & Family Services
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