

Mental Health Adolescent Group Ages 13-17




An online weekly group for youth to discuss/process challenges in the home, school, and community setting. Topics will vary but may include: mental health and wellness (managing anxiety, mood regulation, improving self-esteem), effective communication, healthy relationships, and a sense of self and identity. For ages 13-17.

**When: Every Thursday
from 4:30pm to 5:30pm.**

Where: Zoom

**Therapist: Michele Cannon
LCSW**

To Register:

 Call: 1-877-WELL-ALL
(935-5255)

*** Call for an
appointment to start
the group referral
process ***



Scan the QR code or call
1-877-935-5255 to learn
more about our Behavioral
Health Therapy Groups

