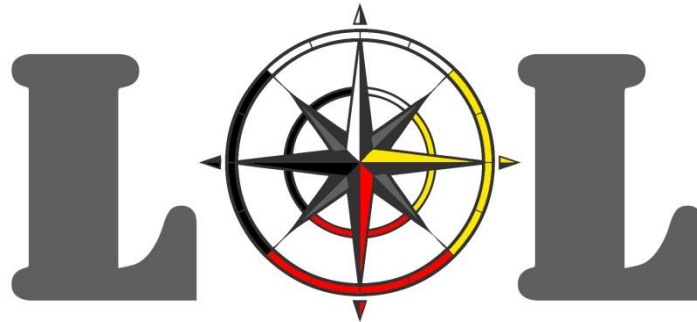


Living Out Loud (LOL): Teen Support/Therapy Group

An on-going support and psycho-education group for adolescents learning to cope with and navigate life experiences while discovering who they are in the process.



Adolescents ages 14 -17 have the opportunity to...

- Learn and practice:
 - Coping Skills
 - Social Skills
 - Problem Solving Techniques
 - Healthy Communication
 - Conflict Resolution
- Address topics such as:
 - Stress Management
 - Self-Esteem
 - Bullying
 - Identity Exploration
 - Social Media

~ Starting September 18th, 2019 ~

Wednesdays 4:30 p.m. – 6:00 p.m.

(No groups Thanksgiving & Winter Holiday)

For questions or to register please contact:

Javier Sanchez, MSW

@ 708-383-7500 ext. 316