

# VIRTUAL CLASS: HEALTHY COPING SKILLS FOR TEENS AGES 14-18



## Topics/Themes:

- Self-care
- Mindfulness
- Meditation/Simple Yoga
- Stress Management
- Managing strong emotions

## Why would my teen benefit from this?



During these times, teens need a space to develop healthy coping skills that will keep them healthy. A licensed therapist will work every week to introduce a new theme/topic and have teens share their thoughts and ideas of how to better be healthy.

**When:** Weekly on Thursdays, 3:00 pm – 3:30 pm (starts May 21<sup>st</sup>)

**Cost:** \$180 for 6-week program (\$30 per session)

**Register at** [www.talkawhile.org/programsandsupportgroups](http://www.talkawhile.org/programsandsupportgroups)