

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.

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

Dates: Weekly TBD

Let us know your interested, and we'll contact you!

www.talkawhile.org/programsandsupportgroups