



HELPFUL THERAPY CENTER, LLC

Counseling, Clinical Supervision, & Community Outreach

TEEN SUPPORT PROGRAM

Our children and teens are facing challenges in today's world that can manifest into symptoms of anxiety and depression.

We are offering a Teen Support Program that includes bi-weekly **Depression & Anxiety groups, Individual Skills Building sessions, and Parent Support meetings.**

SUMMER GROUP THERAPY

Appropriate for kids experiencing mood and anxiety challenges, needing freedom to express themselves and an avenue to understand and managing their mental health.

AGES: 12 -15

RATE: \$40 per session

Location:

DATES:

TIME: 11am-12:30pm

2795 Main Street W
Suite #21B
Snellville, GA, 30078

June 8	June 15	June 29	July 13	July 27
---------------	----------------	----------------	----------------	----------------

Parents/guardians can also choose an individual session offering to accompany group therapy.

Biweekly individual skills building sessions

Appropriate for those that need help in building coping/organizational/communication skills, etc. The sessions will be utilized to develop skills plans and how to implement them in real life, addressing any barriers to progress.

Biweekly individual parenting support sessions

Appropriate for parents/guardians wanting assistance with creating and implementing behavior plans, reward systems, conduct contracts, and other behavior management interventions.

**Use the QR code to complete the interest form.
We will contact you to schedule your child's intake appointment.**



*** maximum of 10 participants per group*

*** must agree to attend all scheduled groups (2 allowed absences)*

*** each child will have an intake to assess needs & ensure that the group is a good fit.*