



# 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.**

### GROUP SESSIONS

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

**Clinician:** Clinical supervisor Cherrell Thomas, LPC

**Location:**

**Schedule:** Saturdays                      **Rate:** \$45 per session

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

|        |        |        |        |        |
|--------|--------|--------|--------|--------|
| Jan 20 | Feb 10 | Mar 9  | Apr 13 | May 11 |
| Jan 27 | Feb 24 | Mar 23 | Apr 27 | May 18 |

**Ages 13-15 at 11am-12:30p      Ages 16-18 at 1pm – 230pm**

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

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| <p><b><u>Biweekly individual skills building sessions</u></b></p> <p>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.</p> | <p><b><u>Biweekly individual parenting support sessions</u></b></p> <p>Appropriate for parents/guardians wanting assistance with creating and implementing behavior plans, reward systems, conduct contracts, and other behavior management interventions.</p> |
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**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 (allowed absences)
- \*\* each child will have an intake to assess needs & ensure that the group is a good fit.

