



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. Consequently, Helpful Therapy Center has been receiving a high number of counseling requests for adolescents. In response, we have developed a program that allows us support multiple adolescents at a time that are facing similar difficulties.

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

Schedule: Saturdays **Rate:** \$50 per session

April 1 st	April 15 th	April 29 th		Ages 13 - 15	Ages 16 -18
May 13 th	May 20 th			11am – 12:30pm	1pm – 2:30pm

**maximum of 10 participants per group

** must agree to attend all scheduled groups (1 allowed absence)

Parents/guardians must choose at least one 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.

Providing Clinician: Takiyah S. Jones, DNP, APRN, FNP-C

Dr. Jones is a Family Nurse Practitioner also currently pursuing additional certification as Psychiatric Mental Health Nurse Practitioner while providing services under the supervision of Cherrell Thomas.

Schedule: Self scheduled

Rate: billed to insurance or \$50 per session private pay

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. Also beneficial for those caregivers desiring a safe space to express frustrations and learn methods to improving work life balance.

Providing Clinician: Brittni Marlor, MA, LAPC

Brittni began with HTC as an intern years ago and is now an Associate Professional Counselor pursuing her full licensure while providing services under the supervision of Cherrell Thomas.

Schedule: Self scheduled

Rate: billed to insurance or \$75 per session private pay

Step 1

Contact our office to request the age-appropriate group. Your child will be scheduled for an intake appointment.

Step 2

After the intake, choose and schedule one or both individual session offerings.

Step 3

Register for the group!

Show up!

** each child will have an intake to assess needs and determine if the group is a good fit.

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