DEALING WITH STRESS: TEEN GROUP

In this skills-focused, 8-week group, teens will learn mindfulness, distress tolerance, and emotion regulation skills to handle big emotions such as anger, depression, and anxiety.

WHO:
Teens 13-16

WHEN:
6:15-7:45 on Wednesdays
February 26th - April 22nd (skips Spring Break)

WHERE:
Austin Child Guidance Center
810 W. 45th Street
Austin, TX 78751

COST:
Sliding Fee based on income and family size

PLEASE CONTACT:
Austin Child Guidance Center
https://www.austinchildguidance.org/services/currentgroups.html
Phone: 512-451-2242