

# 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.

## PLEASE CONTACT:

Austin Child Guidance Center  
<https://www.austinchildguidance.org/services/currentgroups.html>

Phone: 512-451-2242



## WHO:

Teens 13-16

## WHEN:

6:15-7:45 on Wednesdays  
February 26<sup>th</sup> - April 22<sup>nd</sup>  
(skips Spring Break)

## WHERE:

Austin Child Guidance Center  
810 W. 45<sup>th</sup> Street  
Austin, TX 78751

## COST:

Sliding Fee based on income  
and family size

