Coping With Stress: Teen Group

In this 6-week group, teens will learn cognitive and behavioral skills to deal with feelings of sadness and depression and find new ways to handle stress.

To register, please submit interest online:
https://www.austinchildguidance.org/services/currentgroups.html
For questions, please call to leave a message with the receptionist:
512-451-2242

WHO:
Teens ages 13 to 17

WHEN:
5:30-7:00 on Tuesdays
June 23rd – July 28th

WHERE:
Virtual- Zoom

COST:
$60 per session, or $300 total if paid in advance. Sliding fee scale price may be available based on income and household size

