

Coping With Stress: Virtual 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 9th – July 14th

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

