

Teen Anxiety & Depression

Would your teen like help dealing with anxiety, depression, loneliness, worry, and all the other intense feelings they're having during these challenging times?



If your 14 to 18 year old teen is struggling, they are not alone. As we continue to adjust to the changing environment around us, high school teens are faced with unprecedented stressors. Our high school groups are in-person, providing additional opportunities for teens to interact and gain support. Your teen can find help using research-supported Acceptance & Commitment Therapy (ACT).

- ❖ Gain Social Experience & Meaningful Connections
- ❖ Increase Awareness & Acceptance of Emotions
- ❖ Learn to Manage Emotions through Mindful, Valued Living
- ❖ Provide & Receive Support from Peers

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