

Teen Anxiety & Depression

Thursdays 7:15 - 8:15 pm

Would your teen like help dealing with anxiety, depression, loneliness, worry, and all the other intense feelings?



If your 14 to 18-year-old teen is struggling, they are not alone. High school teens are faced with unprecedented stress. Our high school group is in-person, providing additional opportunities for teens to interact and gain support. Your teen can find help using research-supported Acceptance & Commitment Therapy (ACT), and Cognitive Behavioral Therapy (CBT).

- ❖ Gain Social Experience & Meaningful Connections
- ❖ Increase Awareness & Acceptance of Emotions
- ❖ Valued Living Provide & Receive Support from Peers
- ❖ Participate in practical, specific, and engaging real-world practice experiences

Insurance Accepted. In-network BCBS PPO

For information, contact *Susan Myket, Ph.D. & Associates*
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