

Teen Emotional Awareness & Support Group

*Would your teen like help dealing with anxiety, depression, loneliness
and all the other difficult emotions?*



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 Dialectical Behavioral Therapy (DBT) and Acceptance and Commitment Therapy (ACT).

- ❖ Gain Meaningful Connections and Receive Support from Peers
- ❖ Increase Awareness & Acceptance of Emotions
- ❖ Acquire New Skills to Cope with Anxiety and Mood

Thursdays 7:15 - 8:15pm

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