

TEEN EMOTIONAL RESET & REBUILD GROUP:

Emotional Regulation, Self-Esteem, and Self-Care for Teens

Ages: 14-18 - Thursdays 7-8 PM

This group is designed to provide teens with opportunities to enhance their confidence, develop emotional regulation skills, and establish effective self-care practices. Through hands-on activities, genuine conversations, and helpful coping tools, participants will learn how to manage stress, develop confidence in their identity, embrace their individuality, and establish routines that support their overall well-being.

WE FOCUS ON



- How to identify and name your emotions
- How to speak up for yourself in healthy ways
- Valuing your identity and embracing your uniqueness
- Effective self-care practices for both mind and body

MODALITIES USED

- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Strengths-Based Approach
- Self-Care Skill Building
- Expressive and Creative Activities
- Psychoeducation

Susan Myket, Ph.D. & Associates

*A Counseling & Assessment Practice Empowering
Change for Individuals, Couples, & Families*



For more information, contact us at: 630-355-9002 x1 or scan here