



Feel Better, Think Brighter:

Teen Therapy Group

For teens ages 13-18 struggling with depression, anxiety, low self-confidence, or feeling stuck.

How it works:

- **Format:** Open group with members at various stages
- **When:** Tuesdays 5:30-6:30pm EST
- **Length:** 8 week commitment. Add more sessions as needed.
- **Where:** Online via secure video
- **Cost:** \$50 a week. Self pay only, includes workbook. (Superbills available for out-of-network insurance reimbursement.)

In this group teens will:

- Understand why emotions feel overwhelming - and how to shift them
- Learn how thoughts, habits, and actions create either momentum or misery
- Build confidence through action, not perfection
- Get tools for anxiety, depression, stress, and negative self-talk
- Discover how to take small steps toward big changes
- Learn how to feel powerful in their own lives

Each teen receives an 8-week guided workbook to help them:

- Learn simple, high-impact skills at home
- Bring what they learn into group for practice, reflection, and support
- Walk away with a plan for a life they WANT

Teens will leave with:

- A clearer sense of who they are, what they want, and how to get where they want to go
- Tools to manage anxiety and low mood
- Better emotion regulation
- Confidence to move forward - even when things feel hard
- A simple, doable roadmap for a more enjoyable life

This isn't just talk therapy - this group teaches life-changing skills and perspectives that help teens get unstuck, feel better fast, and build a life they actually like living.



Reserve your teen's spot today!

Initial assessment session required before starting.

Schedule at: alcovementalhealth.com

Email: info@alcovementalhealth.com

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