

TEEN SUCCESS GROUP

Join us for this 12-week group series specifically focused on improving the life skills, self-awareness and healthy development of teens 14-17 years old.



\$85 PER GROUP

Saturday Mornings in Manhattan Beach, CA
Nov. 11th, 2017 - Feb. 17th, 2018 from **9AM - 10:30AM**
Lead by Sophia Galano, ASW & Avi Satz, CPC

TEENS TODAY

The transition from childhood to adulthood is often characterized by dramatic changes in identity, self-consciousness and behavior. Without supportive skillsets and guidance, these changes can often lead to destructive outcomes as well as increased depression and anxiety.

THE TEENS SUCCESS GROUP

This 12-week group will teach teens to improve their sense of self and learn life skills in a closed, supportive environment. This group will be co-facilitated by Sophia Galano, ASW and Avi Satz, CPC.

PARENT PARTICIPATION

A monthly parent-only group will be held to update parents on their child's well-being and progress. These sessions will also review parenting skills and techniques to be utilized at home.

MANAGING ANXIETY
IMPROVING SELF-ESTEEM
PLANNING & PRIORITIZING

SELF-CARE
STUDY SKILLS
GOAL SETTING

SELF AWARENESS
COPING STRATEGIES
COMMUNICATION SKILLS