Teen Skills Group (co-ed)

The Teen Skills Group at Inner Clarity, LLC has been

designed to provide a therapeutic space for teens to learn valuable

social skills, stress management techniques, and mindfulness-based

coping skills needed to achieve success.

Our goal for this group is for our teens (ages 13-17) to have fun

and stimulate their creative minds; all while they learn:

* Social Skills
* Stress Management Techniques
* Mindfulness-Based Coping Skills for Anxiety & Depression
* Relaxation Exercises
* Ways to Increase Motivation & Passion
* Anger Management
* Boundary Setting
* Conflict-Resolution/Problem-Solving Strategies

Group will be held Thursday evenings

6-week group will be facilitated by Robyn DeRespinis, LCSW

Cost is $50 per group session ($300 per cycle)

\*Registration and intake-evaluation is required