

# Free Teen Anxiety Support Group

*Is your teen struggling with anxiety and is it affecting their everyday life?*

Have them join our 14 week support group to learn practical and effective techniques to reduce anxiety by challenging negative self-talk, learning relaxation skills, increasing self-esteem, distress tolerance and much more! Teens will learn to utilize coping skills to improve communication and interpersonal relationships with peers, at home, in school and in the community.

From: September 7<sup>th</sup> - December 14<sup>th</sup>

Every Friday

Time: 4pm-5pm

*Ages 14-17*

Call Resolve Community Counseling Center at (908)- 322-9180  
or email [teengroup01@gmail.com](mailto:teengroup01@gmail.com) to reserve your seat!

It's never too late to join.

**JOIN TODAY!**



**RESOLVE COMMUNITY  
COUNSELING CENTER**  
of Scotch Plains

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