

the teen talks

AT COMPASS POINT

11-13 YEAR OLDS

6:00-7:30PM MONDAYS IN ANDERSON FROM JUNE
17-AUGUST 5

AGE 14-18 (HIGH SCHOOL AGE)

3:30-5:00 TUESDAYS IN ANDERSON FROM
JULY 2-AUGUST 20

These groups are for teens to discuss common themes such as academic pressure, depression, anxiety, and social stressors.

We will also learn and utilize skills effective in coping with difficult emotions, managing stress, communicating effectively, and practicing relaxation.

To learn more or register for our next start date please call our front office at 513.939.0300 or visit us online at www.CPCS.me

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