



Under Pressure: A Process Group for Teen Girls

Teen girls have it pretty hard these days and feel the weight of stress pile on top of them. These “stressors” can be a number of things and can range from everyday issues to crisis situations. Some general examples are:

- School performance
- Sports performance
- Family life
- Friend relationships
- Fitting in
- Sex and dating
- Drugs and alcohol

Constant stress can build up and can often lead to problems with mood, anxiety, insecurity, nervousness, fear, depression, anger, acting out and more.

Come be a part of a group of other teen girls where you can not only share, relate and encourage each other, but also learn coping skills and tools for navigating the stressful times. On top of it all, we will explore deeper issues of personal worth and identity.

This is an open group, please contact me in advance for more information.

Join Sarah Baker, M.A., at Trillium Springs Counseling

Time: 7:00 – 8:30pm

Starting soon!

Cost: \$20 a session

Trillium Springs Counseling @ Crown Counseling

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Contact ASAP Sarah for more information!