



Mindful Teen Therapy Group

Adolescence presents unique challenges that may feel overwhelming. This group is a safe and supportive environment where participants will explore personal difficulties, identify individual strengths and learn skills to address challenges in a community of peers.

Target issues (not limited to the following):

- Depression
- Anxiety
- Self-Advocacy and Confidence
- Self-Regulation
- Life Transitions
- Substance Use
- Peer & Family relationships and dynamics



Mindfulness tools, psychoeducation and expressive art interventions will be used to support the process.

Ages: 14-18 years old

When: Mondays, 6:00 pm – 7:15 pm

Where: 23 Altarinda Rd, Orinda CA 94563

Cost: \$75

For more information, contact:

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