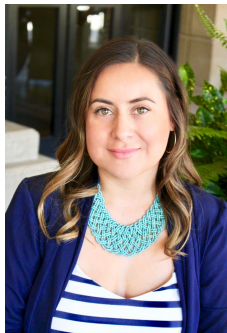




## TeleHealth Teen Support Group

**Arcadia Counseling Center** is committed to the well-being of our clients, especially during these trying times. The COVID-19 global pandemic is creating fear and anxiety, sadness and isolation, while also limiting access to normal, healthy outlets.

In response, we are launching a **TeleHealth Teen Support Group** which is easily accessed from home using a "Zoom for Telehealth" platform. It is our goal to provide safe, supportive and affordable means for adolescents to share their experience, perspective, feelings and strategies in managing the quarantined life.



**The TeleHealth Teen Support Group** will be facilitated by one of our licensed psychotherapists, Iliana Tintos, MS, LPC, who will provide tools and coping mechanisms to help navigate these challenging dynamics. There will be a **one-time fee of \$25** to sign up as a participant for the group—with no commitment to stay, teens can opt in or out based on their availability and desire. These sessions will be offered 2x/week for 30 to 60 minutes, ages 13-18.

Please contact us for additional details and instructions on how to register:

**(602) 218-6901**  
**[office@arcadiacounselingcenter.com](mailto:office@arcadiacounselingcenter.com)**