



Therapy for children, teens, adults, couples & families who want to live an "EXCEPTIONAL" life!

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## **Tween & Teen Support Group for Youth and Parents**

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### **Does your tween/teen struggle with:**

- ❖ *Self-esteem* ❖ *Their sense of self/identity* ❖ *How to deal with conflict and gossip*
- ❖ *Setting boundaries* ❖ *Being assertive* ❖ *Building and maintaining friendships*
- ❖ *Having an accurate perception of how others see them* ❖ *Anger*
- ❖ *Stress, frustration and anxiety* ❖ *Feeling judged and criticized*



**The tween/teen group will utilize discussion and creative problem solving to help:**

1. Explore their sense of self, identity and image.
2. Build and maintain friendships by being assertive and setting appropriate boundaries.
3. Recognize triggers, deal with conflict and respond rather than react in times of stress.
4. Improve family dynamics by increasing communication skills.

**The parenting group will focus on:**

1. Improving communication.
2. De-escalating situations/being a support during this difficult developmental stage.
3. Knowing how to handle challenging situations.
4. Learning tools and techniques to deal with rule setting, boundaries as well as other situations.
5. Overcoming obstacles to having a harmonious family.

**This is your opportunity to come together with other parents  
who know what you are going through.**

***For your convenience both groups will be held at the same time and location.***

**Intake appointments are going on now at the Manalapan location. Call 908.415.2042 to schedule.**