



Managing Emotions, Forming an Identity, & Building Relationships

A Group for Teens – 9th – 12th Grade

Topics to be covered . . .

- ☞ Time Management
- ☞ Improving Parental Interactions
- ☞ Learning to Replace Aggression with Assertiveness
- ☞ Identifying Triggers of Emotions
- ☞ Stereotypes and Fitting In
- ☞ Texting, Facebook and Other Electronic Communication
- ☞ Peer Relationships and Sex
- ☞ Career and Personal Development
- ☞ Self-Esteem
- ☞ Drugs and Alcohol
- ☞ In Transition-No longer a child, but not yet an adult
- ☞ Depression & Anxiety
- ☞ How to cope with it all!

Date/Time: **Mondays, 6:00pm – 7:30pm**

Location: Child & Family Psychological Services, 5340 Holiday Terrace, Kalamazoo, MI 49009

Group Leader: Brian Johnson, MA, LLP

Cost: \$65 per group session – call your insurance company to verify coverage, most insurances accepted

Contact Brian Johnson at (269) 372-4140 Ext. 208 or email briandj-cfps@sbcglobal.net for more information or to register for the group.

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Child & Family Psychological Services, P.C.