



Get a Grip!

A Teen Process Group for
Learning to Cope with Life
AGES 14 - 18

**Develop lifelong strength in identifying and managing stress
surrounding school, peer, & family issues:**

- | | |
|--|--|
| <ul style="list-style-type: none">• Talk openly, honestly, freely, and <i>confidentially</i> with people who have thoughts and feelings similar to yours.• Notice what (or who) causes stress in your life and how it affects your thoughts and behavior.• Get in control of your anger so it doesn't control you. | <ul style="list-style-type: none">• Improve communication with friends and loved ones.• Decrease negative "self talk."• Learn, practice, and discuss results of your developing strengths.• Make new friends & build networks of support. |
|--|--|

Dates and Times:

Saturdays 10:00 a.m. – 12:00 a.m.

April 11th through May 16th

GROUP FACILITATORS: AMANDA MORGAN, M.A., MFT TRAINEE

Amanda is a Marriage and Family Therapist Trainee with the Teen and Family Counseling Center. She is dedicated to helping teens develop the self awareness necessary for making healthy choices in life as they enter early adulthood.

SAHIBOU OUMAROU, M.A. Sahibou is a PhD candidate at the Institute of Transpersonal Psychology. He brings 5 years of counseling experience and a passion for encouraging self empowerment through intra- and interpersonal relationships.

You may reach Amanda and/or Sahibou at: (408) 370-9990 ext. 26# or info@teenfamilycounseling.org

Fee:

\$200 per individual

sliding scale
available



307 Orchard City Dr Ste # 206
Campbell, CA 95008
phone: (408) 370-9990
web:

www.teenfamilycounseling.org