



Teen Support Group

Does your teen often seem anxious, overwhelmed or worried?

Or, perhaps your teen seems down, depressed or moody.

The CV19 Pandemic has left teens feeling more isolated and lonely. .

If this describes your teen, consider having her participate in our Mindfulness Support Group. This support group is a safe, protected place where teens can get help and support from each other. The group will offer a new mindfulness skill weekly, talk therapy and creative experiences to aid in coping with distress. Our providers, Karen Scalio and Alyssa Buchanan, will be co-facilitating this weekly group.

Benefits:

- ❖ Your teen will be given an opportunity to gain valuable insight into her feelings, motivations and behavior.
- ❖ Social support is a critical part of moving towards wellness. With group therapy, teens can learn about how they relate to others - without judgment.
- ❖ Often when we help others, we help ourselves. By being honest with others and showing our true self, we can develop more insight, understanding and motivation to change.
- ❖ Discussing current and past issues and receiving feedback from the other group members and a therapist can help your teen problem solve these issues.

When: Groups will meet weekly, **Thursdays at 6:00pm**, with Karen Scalio, LCSW and Alyssa Buchanan, LCSW.

Location: Groups will be located at **630 S. Wickham Road, Suite 107, West Melbourne, FL 32904**.

Cost: \$25 session for 60 min or \$95 for 4 sessions. Cigna insurance accepted.
Minimum of 3 sessions required for attendance.

Contact Information: If you have any questions about the group or whether group counseling would be beneficial for your teen, please contact Karen or Alyssa at info@skylightcounselingservices.com or call 321-608-0604 to discuss any questions.