

Stress Less and Self-Esteem Building Groups!

Preteens and teens will learn how to...

- +Reduce stress and anxiety*
- +Manage emotions*
- +Improve social relationships*
- +Decrease school- and test-related anxiety*
- +Use positive self-talk*
- +Understand triggers for their anxiety*
- +Learn relaxation strategies*

...and more!

Strategies for skill-building for managing worry and building self-esteem in preteens and teens.

We offer preteen and adolescent groups for kids ages 11 and older!

Using mindfulness and cognitive behavioral techniques, kids are able to learn coping skills that will help them to prevent and solve future issues. This group setting helps to normalize experiences and create healthy habits for life!

When: October 21-December 19.
The program runs 8 weeks and groups meet weekly. Groups will be held on
Mondays: 7:30pm-8:30pm OR
Saturdays: 10am-11am or 11am-12pm.

Cost: \$160.00, with a \$25.00 initial intake and processing fee for new enrollees. Payment plans and scholarships may also be available for families who qualify.

We are located in the portables on the grounds of the Joseph A. Edgar School in Rocky Point. For more information or to sign up for a group, please contact Dana Ellis, LMHC, Licensed Mental Health Counselor at 631-744-0207 or Dana@nsyc.com.



P.O. Box 1286, Rocky Point, NY 11778
631-744-0207
www.nsyc.com

NSYC is not responsible for loss/damage to personal property and/or injury while on premises or participating in programs.