

Managing Life's

**Social
Media**

**School/
College**

HELP

**Body
Image**

**Social
Isolation**

Challenges



Teen Support Group

Who: Girls (Ages 14-18)

What: Teen Support Group

led by Breanne Salmon

MFT Intern IMF 72172

When: Starting January 2016

Tuesdays, 3:30 - 4:30pm

Where: Browne Psychological

Services - 576 Camino Mercado, CA 93420

Call our office to sign up, as space is limited.

In life, we all experience different struggles, and many would benefit from support. In this group we will look at managing and coping with these challenges.

Benefits:

-Obtain Coping Skills

How to deal with issues

**Schoolwork*

**College*

**Friends*

**Relationships*

**Social Media*

**Body Image*

**Social Isolation*

-Discuss Issues Present/ Past

-Safe and Nurturing Environment

Browne Psychological Services

576 Camino Mercado

Arroyo Grande, CA 93420

805-481-2823

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