

Mental Health Awareness & Coping Skills Development For Adolescents

Odyssey Counseling LLC



Description: Adolescence can be a difficult time for both adolescent and parents. Giving advice to other parents may come easy, but applying those same concepts to your own adolescent can be challenging. The pandemic has certainly impacted adults, children, families, couples, and everyone in between! Here's a time-limited group for your adolescent to learn coping mechanisms and wellness tips AND have fun at the same time! We'll have discussion and activities that focus on mental health awareness and assisting your adolescent with real life coping skills. There will be focused and theme-oriented group activities with their peers that are sure to have a POWER-FUL impact! For ages 14 - 17.

Date: June 9, 2022 thru July 28, 2022 (Thursday evenings, 8 Weeks)

CALL MARY F. BACA, CWK, CCTP, RMT, LPCC

Time: 6:00-7:30pm

505-315-7397 with any questions OR to register!

Cost: \$35 + Tax per week; Insurance may pay depending on coverage which we will determine

Place: 119 Industrial Ave. NE, Albuquerque NM 87107