

Teen Talk

**Support group offering skills to
teens and adolescents**

Teens ages 13-17

A safe place to...

**Create healthy and positive
connections**

**Improve ability to cope with daily
stressors**

Improve communication skills

**Learn skills and tools to manage
stressors**

**In-person
weekly
on
Wednesdays
at
5:30 pm**

**Contact 732-851-3056 or
info@essentialtherapynj.com to
register**

**Visit us at
www.essentialcounselingnj.com**

Essential Counseling Therapy Services

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