

EMOTIONAL COPING SKILLS GROUP FOR TEENS



This 10-session, skills-based group designed for teens ages 14-18 who are currently struggling with anxiety, excessive worry, panic, irritability, or depressed mood.

This group will focus on:

- Learning to recognize anxiety, depression, and their symptoms
- Learning skills to reduce anxiety and control anger/frustration
- Building relaxation and self-soothing skills
- Understanding patterns of avoidance
- Confronting fears in a supportive environment
- Building engagement and activity level to improve mood

Where: Child and Family Psychological Services
169 Libbey Industrial Parkway, Weymouth, MA

Contact Dr. Dorothee Ferdinand at 781-551-0999 x419. This group may be covered by your health insurance. Please speak with Dr. Ferdinand for details.



Dorothee Ferdinand, Psy.D. is a licensed psychologist and a Certified Health Service Provider who specializes in treating, children, adolescents, and adults. Dr. Ferdinand earned a doctorate in clinical psychology from the Massachusetts School of Professional Psychology and has completed training in clinical psychological.

www.cfpsych.org | www.IntegratedBehavioral.org
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Also in Abington, Norwell, Holliston & Quincy