

# EMOTIONAL COPING SKILLS GROUP FOR TEENS



This 8-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: South Shore Medical Center, 5 Tarkiln Road, Kingston, MA 02364**

For more information about the group, please contact Dr. Meredith Tumilty at 781-551-0999 x472. This group may be covered by your health insurance.



Meredith Tumilty, Psy.D., obtained her doctorate in clinical psychology from the University Of Indianapolis School Of Psychological Sciences with a concentration in child and adolescent psychology. She completed her internship at Green Chimneys Children's Services in Brewster New York, and her post-doctoral fellowship with the University of Minnesota through Prairie Care Medical Group.