

# Elevate Health and Wellness

## TEEN SUPPORT GROUP

- Learn and Practice coping skills to respond more effectively to everyday stressors
- Work to Improve Relationships
- Bolster Self-Esteem and Self-Confidence

This clinician-led support group utilizes both CBT and DBT to provide members with strategies and tools to navigate this challenging time.



**Takes place Mondays from  
4pm - 5pm via Zoom. Cost to  
attend billed through insurance.**

Elevate Health and Wellness  
179 Post Road West, Westport, CT 06880  
203-450-4882

*Elevate Health and Wellness is a full service outpatient clinic providing medication management and therapy for individuals struggling with mental health and substance abuse challenges. Insurance accepted.*