

## Peer Support for Teens (No Cost)

A safe, structured space online  
for peers to support each other

Are you a teen having difficulty coping with all the pressures of school, home life, social media? The new conditions of social distancing are creating extra stress and anxiety for many teens right now. There are specific tools and support available to you, and I would like to help. This is a casual, drop-in group, like a chat room, and it will be offered once a week.

I am creating a safe group for up to 10 teens, to meet online on a Wednesdays, for 8 weeks. You are free to drop in this Zoom meeting, and find support and caring for each other. You are not alone.

For discussions, we will be using a workbook called "[Mindfulness for Teen Depression](#)" by Abblett and Willard (available on Amazon for \$15.75)

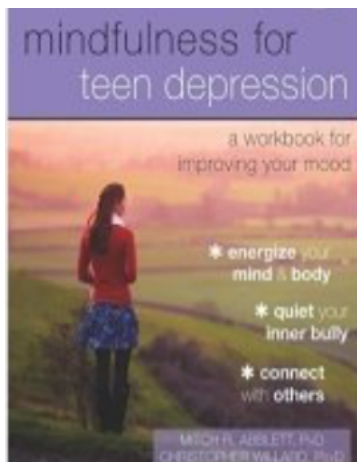
Purchasing this book is optional. I will be sharing the material on my screen with you.

For enrollment, please contact:

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Wednesdays 5:00-6:00pm  
April 22<sup>nd</sup> 2020 – June 10<sup>th</sup> 2020  
8 Weeks, Zoom online meetings