

## New Group Opportunity

It's Time to spill the T.E.A.

# Teens Experiencing Anxiety (T.E.A.)

8 week *IN-PERSON* group  
Tuesday evenings  
from 7:00pm to 8:30pm

***Begins September 28, 2021***  
All Teens ages 13-18



**Facilitated by:**  
**Helen Paulsen, LMSW**

**This in-person group will help teens address anxiety in their lives.**

Please note that this in-person group will be conducted in compliance with all CDC guidelines for social distancing. Face masks are required for participation.

**Register today at**  
**(248) 244-8644**

- ◆ Learn how to effectively track anxiety symptoms and identify triggers
- ◆ Develop coping skills through activities, games and group sharing
- ◆ Reduce social anxiety and social avoidance behaviors
- ◆ Improve ability to handle stressful situations with confidence

**Presented at Perspectives Counseling Centers**  
**888 W Big Beaver Rd Ste 1450**  
**Troy, MI 48084**