

TEEN MINDFULNESS GROUP

Cognitive Behavioral Therapy for Adolescents

In this group, the teens will be focusing on 5 crucial concepts.

1. Calming their anxiety by practicing realistic expectations of themselves and methods for relaxing their mindset.
2. Learning how to regulate their emotions using new techniques for improving self-esteem and handling difficult sentiments.
3. Working on their stress management by discussing strategies that are both helpful and harmful for everyday stressors.
4. Building their social skills by implementing supportive and effective activities for relationship development.
5. Cover academic transitioning by allowing an opportunity to enhance growth through past and present shared experiences.



The objective is for Crystal to be their primary source of mindfulness. We're hoping this group is an aid for their success as they're making their way from middle to high school, or high school to college and all the social and emotional challenges in between.

This group is open to teens, ages 13-17, in a virtual group setting. We welcome anyone interested to reach our office for more information.

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