



Teen Group L.A.

A Support Group for teens on the Westside



During the teen years, adolescents are faced with a multitude of choices about who they will become in adulthood. Sometimes this feels like a battle between who they are as an individual and who our society, family and friends expect them to be. Amid this internal war, it is easy to lose touch with, and confidence in, the stronger aspects of themselves.

Teen Group LA is a therapist-led group where teens can come together, in a safe place, to discuss any issues that they are facing in their daily lives. They learn that they are not alone—that everyone faces this conflict in their own way. Together, they can gain confidence and pride in their own identities, wisdom, power, intelligence, skill and creativity. Among the issues we tackle are:

- Food and Body Image
- Dating, sexuality and intimacy
- Bullying
- Poor self-esteem, lack of confidence
- Shyness, loneliness and isolation
- Anxiety and Depression
- Academic Pressures
- Personal self-respect

Or anything else they need help with...

Call for more information or to schedule a free initial consultation. Please note, initial consultation is required--this is not a "drop-in" group

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