

# Choices: Teen Support Group



This high school group helps teenagers explore and create healthy and conscious life choices. Topics we will discuss include:

- Peer Relationships
- Drugs & Alcohol
- Family Dynamics
- Pressures Related to School & Home Life
- Healthy and fun coping skills to manage stress

Facilitated by Ron Sharpshair MFT #27511 & Cara White MFT 99162

Meets weekly on Thursday 7:15-8:15 pm

Cost: 50\$ Per Session

To sign up please call (805) 449-4375 Ext 6#



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