

# Teen Skills Group

Teen Skills Group is a bi-weekly group for teens 13-19 years old. It focuses on anxiety, depression, conflict and developing healthy relationships with peers. Teens will develop:

- Skills to deal more effectively with anger
- Strategies for coping with anxiety and depression
- Tools to successfully manage and resolve conflict

Costs covered in part by most insurance plans. Please contact your insurance provider for information about coverage. To find out if this group is a good fit for you or your teen, call 425-339-5453.

**Locations  
and times  
available  
online!**



99-404 8/17s