

Worth Township Youth Service Bureau

Coping with Difficult Emotions



This 4 week group teaches high school age students how to deal with intense feelings of sadness, anxiety, and anger. They will learn and practice a variety of coping strategies including relaxation, mindfulness, and cognitive behavioral techniques. This group is appropriate for any adolescent who would benefit from support in emotional regulation.

\$20 for four sessions

Please call 708 388-2101 to set up an intake appointment