



Adolescent Group

Our Adolescent Group is geared towards children ages 10-14. The group format is beneficial because it promotes bonding over similar experiences and group members, brings timid/shy children out of their shell, and often calms anxious or frustrated children down purely by watching, encouraging, or modeling behavior.

Here is a list of some of the skills we focus on:

Your teen will realize they are not alone in their struggle. Your teen may experience a huge relief by expressing their struggles with their peers.

Being in group therapy allows teens to develop new communication skills.

Your teen may gain a new, positive perspective about their condition in group therapy.

Your teen may develop healthy coping mechanisms from peers in their group therapy session.

The confidentiality of group therapy allows teens to feel comfortable about discussing their feelings.



New Genesis Consulting Services

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Have questions? Let us answer them.
Make an appointment and we will give you a FREE consultation.

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