



Allies

Teen Support Groups

Friendship is born at that moment when one person says to another:
"What! You, too? Thought I was the only one." - C.S. Lewis

Our therapeutic peer groups help build interpersonal skills
in a small and comfortable group setting.

Topics that may be addressed in teen groups include:

- Interpersonal Relationships
- Family Transitions
- Life Transitions
 - Depression
 - Anxiety
- Positive Emotional Expression
- Self-esteem
- Body Image
- Communication Skills
- Anger Management
 - Assertiveness
 - Coping Skills
- Academics
- Life Skills

To learn more about Allies & our other services, please call: 301.869.1017, ext. 1
Rockville * Bethesda * McLean

EXPRESSIVE

Therapy
Center, LLC