



# “YOU ARE NOT ALONE”

## *A guide to emotional well-being for teens*

Explores common challenges, offers effective tools and provides direct support to those navigating the stresses in their daily lives through adolescence.

This program consists of 8 sessions:

*Session 1: Think first, then act*

*Session 2: The role of anger in your life*

*Session 3: Anger styles*

*Session 4: Communication*

*Session 5: How do I get what I want?*

*Session 6: Self-worth*

*Session 7: The importance of perception*

*Session 8: Goal setting*



Duration of Sessions: 1 hr  
Total Cost: \$400 / 8 weeks

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