



“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: \$475 / 8 weeks

Contact for Registration: jandrews@amcal.ca