



High School Support Group

This group is geared towards high school students (ages 15-18), who would like to improve their social and emotional well-being.

Group goals will include:

- Increase self-awareness and impact of self with others
- Improving self-esteem and strengthening identity
- Developing an ability to express emotions effectively
- Improve ability to resolve conflict
- Adapt successfully to changing expectations
- Improve communication and listening skills
- Overcome social-emotional challenges in school
- Planning for life after high school

Group Details

Wednesdays: 5:00pm to 6:00pm

Engage: 650 Hampshire Rd, Suite 104
Westlake Village, CA

For more information on the group please contact
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