



High School Group

This group is geared towards teens (ages 14-18), 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

Group Details

Tuesdays: 6:00pm to 7:00pm
Engage: 660 Hampshire Rd, Suite 100
Westlake Village, CA

For more information on the group and rates please contact Sam Morrow, LMFT at samuel@engagetherapy.com

