

There is so much happening...and it's hard to deal with it all!  
Knowing you're not alone helps.

# TEEN TALK

THURSDAYS

LOG-IN from

**4:45-6:15**

Join an existing group, or  
the next one to start



"Let's be together, though we're apart."  
A safe place for teens to meet, share experiences, ask questions, and receive support, and talk through managing everything that was already challenging before the COVID-19 shut-down.

## Topics for discussion may include:

- **Family Issues**
- **Anxiety**
- **Depression**
- **Isolation from friends**
- **Social Media**
- **Stress Management**
- **Academic pressures**

...and more



[www.bridgestherapy.com](http://www.bridgestherapy.com)

734.454.0866

Visit our website to download/complete  
our Welcome Packet and call to schedule  
the personal intake session

\*Covered by most insurances after your  
one-time individual intake session  
(can be done via telehealth or in person)\*