



Adolescent Depression Support Group (SAD)

[Jennifer K. Ogle, LMSW, LLC](#)

Group Meets *Every Tuesday 6pm - 8pm*

Adolescent Depression Group Next group is ([click on link for updated calendar](#)) . For adolescents 13-18 years of age who experience depression. This group is not meant to replace current individual treatment. We meet 10 weeks (with a week off for Spring Break). The group provides education regarding the chemistry of depression, symptoms, social support and/or relationships with others, coping strategies, and self-harm behaviors and impacts. The goal is for adolescents to realize they are not alone and benefit from the support of others their age in a safe environment. **REGISTRATION REQUIRED**

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