

# Teen Support And Educational Group



**Ages 13-17 yrs. old**

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## WHAT IS IT?

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A chance for teens to gain support from each other and learn about subjects that matter to them and affect their lives. Topics will include self-esteem building, social media, substance abuse, anxiety, depression, social skills and family conflicts.

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## Why should my child attend?

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So many teens are faced with challenges and exposure to subjects that are difficult to understand and handle. Mental health issues, cultural diversity, peer and family relationships can be difficult to navigate. Learning from each other and having a professional that can assist in providing them with educational knowledge and resources to manage day to day struggles can increase their ability to make safe and healthy choices.



**WWW.LT-COUNSELING.COM**  
**(912) 268-4747**



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## Group facilitator

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Elaine Latimer-Tandy, LPC, NCC, CAMS-I, DCC, CPCS, Licensed Professional Counselor who has worked with children, adolescents and adults with mild to severe mental health issues. Providing individual, group and family therapy for over 15 yrs. in residential, outpatient and acute treatment facilities. Currently working private practice and providing mental health counseling for local mental health agencies in Brunswick and St. Simons, Georgia.

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## When, Where & Cost?

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**When?** This support and educational group will be two Saturdays a month starting Sep 9th from 1:00pm to 2:30pm.

**Where?** *Living Transformations, LLC* 1801 Gloucester St Suite E Brunswick, GA. 31520  
How do I get my child signed up? Call **(912) 268-4747** or visit the website at **www.LT-counseling.com**

**Is there a cost?** There is a \$30.00 fee for each participant which is required before the workshop or at time of attendance. Participants will be provided snacks, handouts and resources related to group topics.