

# WINTER

## Adolescent Depression Support Group

### Location:

3800 Heritage Ave.  
Ste. A2  
Okemos, MI 48864

### When:

Thursday nights  
6-8 p.m.  
11/29/18-1/31/19  
\* no group 12/29/18

**Please Contact:**  
Jennifer Ogle, LMSW  
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(517) 258-0083

### Group Description:

This group is designed to help teens learn to help themselves and support others, in a SAFE environment, by learning about the causes and symptoms of depression, and by building effective coping skills. The group teaches teens they are not alone in their depression, and to make regular use of support. Various sessions focus on the symptoms and chemistry of depression, interpersonal relationships, developing a social support network, and building and maintaining relationships. The group educates teens about the nature and impacts of self-harming behaviors.

**REGISTRATION IS REQUIRED.** *Please note the group is NOT meant to replace current treatment).*

Most insurances accepted- contact for details.



support for adolescents with depression