

Elevate Health and Wellness
179 Post Road West, Westport CT 06880
203-450-4882

Teen SUPPORT GROUP

Tuesdays: 4:30-5:30 pm

This group is dedicated to providing a safe environment where teens may explore and gain extra support regarding topics such as emotional regulation, self-confidence, identity, relationships, boundaries, self-care, and more. Teens who may be battling anxiety or depressive symptoms, as well as other diagnoses, will find support in this group. The objective is to provide a space where each person may interact and receive support from other teens and staff while also learning strategies to assist them in coping with their symptoms.

Pre-Registration is required. Please speak with your provider or contact our office to register today: 203-450-4882.

All fees billed through insurance ~ All insurances accepted!



www.elevatehealthandwellnessct.com