



TEEN ANXIETY & DEPRESSION GROUP

*Given our constantly changing environment,
being a teen is more challenging than ever!*

Our high school groups (age 13-18) utilize Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), and other Third Wave CBT approaches to connect teens with some much-needed support.

Groups are currently being conducted in-person to provide additional opportunities for interpersonal connection.



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847-580-3290

HobermanWellness.com

INCREASE
AWARENESS AND
ACCEPTANCE OF
EMOTIONS

DISCUSS THE
RELATIONSHIP
BETWEEN
THOUGHTS,
FEELINGS, AND
BEHAVIORS

LEARN WAYS TO
MANAGE EMOTIONS

PROVIDE & RECEIVE
PEER SUPPORT

CALL US FOR MORE
INFORMATION