

TxChat

Teens are under more stress today than ever before. Adolescence is that stage of life in which teens build their own identity, seek autonomy, and learn about relationships. Many of the feelings and problems teens face are new for them. Group therapy is a small-scale version of how you are in the world, and offers an opportunity for you to learn and practice skills to help you through life's experiences.

Time:

Group meets every Wednesday from 3:30 to 5:00 p.m.

Location:

Amador County Behavioral Health Services
10877 Conductor Boulevard
Sutter Creek, CA

The group is designed to treat youth, ages 13-17, who are experiencing emotional stress and substance use. Using fun, repetitive, simple and practical approaches to building skills, youth learn, practice, and adopt healthy behaviors.

Contact:

Amador County Behavioral Health Services
(209) 223-6412

- Social skills
- Positive identity
- Time management
- Sobriety skills
- Confidence
- Healthy relationships
- Stress reduction
- Decision-making
- Communication
- And more...

