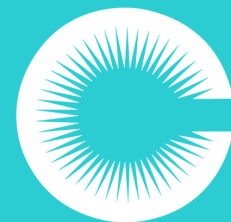




Adolescent Support Group



Clarity Clinic

This group provides a safe and supportive space for youth to process their experiences related to school, friends, family, identity, communication, and relationships while learning skills to navigate changes related to adolescence.

The group is culturally and gender inclusive aiming to support youth in gaining insight on all aspects of self. Therapy approaches used include person centered, CBT, DBT, and ACT. These will support in learning coping skills, communication skills, exploring thoughts and emotions, and gaining insight on values in a way that meets the adolescents presenting needs.

Group Details:

Date/Time: Mondays at 7:00pm

Facilitator: Gloria Aguilar Guana, LPC

Insurance: BCBS, Self Pay \$50 per session

Ages: 14-18 years old

Contact: GAguilar@claritychi.com

