



COMING MARCH 5 BALANCED LIVING TEEN SERIES

Emotion Regulation: A 6-Week Group

Life comes fast and furious for today's teens. There's more pressure than ever before to fit in socially, excel academically, and mature rapidly. This 6-week group focuses on helping teens learn about their emotions, understanding why those feelings arise, and empowering them with the coping skills and tools they need to regulate the emotions they feel.

FORT MILL
Psychotherapy

**Learn about
emotions**

**Build self-
confidence and
challenge anxiety**

**Develop healthy
relationships and
build connection**

**Gain coping skills
and tools**

**Recognize and own
your self-worth**

FORT MILL PSYCHOTHERAPY

100 Stone Village Drive
Suite 210
Fort Mill, SC
855-268-8880 x1
www.fortmillpsychotherapy.com

Tuesdays 4:00-5:30 pm

March 5th – April 9th

Commitment to all 6 weeks
required