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# WELCOME TO Teen Tribe



ONLINE GROUP

**A support group for Teens ages 13 – 16 yrs**

**Date:** Monday, January 18<sup>th</sup> **Time:** 5pm - 6pm

*“Some of the most comforting words in the universe are ‘me too.’ That moment when you find out that your struggle is also someone else’s struggle, that you’re not alone, and that others have been down the same road.” – Anonymous*

## ABOUT THIS GROUP:

**Teen Tribe is a bi-monthly support group for teens aged 13 to 16 years of age who would like to get together with others and talk about the stressors they are currently facing in their lives.**

Today, many teens today are feeling lonelier, more confused and unsure of themselves and the world around them, than ever before. As teens are adjusting to the new norm since the onset of the COVID-19 pandemic, many are struggling to cope with the changes now transitioning from distance learning to being mostly back at school but with many restrictions. Many teens today report feeling like they have lost a sense of independence they crave, while others are experiencing negative and upsetting social interactions with people online. Many feel like they don't have anyone they can talk to about their experiences.

## BENEFITS OF ATTENDING THIS GROUP:

- A safe, supportive and open space where they can get advice and insight from one another, which can help them in developing new ways to deal with the challenges they face.
- The group setting helps to create a sense of belonging, while letting your teen know that they are not alone in the challenges they face.
- Facilitated by a licensed clinical psychologist who can offer support and perspective in helping teens to navigate today's world.

### CONTACT US

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RESERVATIONS: [HTTP://BIT.LY/2WQY9PM](http://bit.ly/2WQY9PM)

FEES: **Free-of-cost**

LOCATION: **This is an online group. A meeting invitation will be shared with a Zoom link in advance.**



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CENTER FOR WELLBEING