



LIFE SKILLS FOR GENDER DIVERSE TEENS

WHEN: WEDNESDAYS, 3:45PM - 4:45PM

SEPTEMBER 15 - NOVEMBER 17, 2021

WHERE: ONLINE, SECURE, TELEHEALTH GROUP SETTING

WHAT: This weekly group therapy series is for gender diverse 13 - 19- year-olds in Anne Arundel, Howard, and surrounding counties, who are experiencing anxiety, depression or other challenges in their life. Topics of discussion include:

motivation

communication

decision making

stress reduction

conflict resolution

time management

dealing with anger

gender dysphoria

setting priorities

ENROLLMENT FOR THIS 10-WEEK GROUP
SESSION CLOSSES SEPTEMBER 7, 2021.

CALL 410-837-2050 X 8803 FOR MORE
INFORMATION & TO REGISTER.



THIS GROUP REPEATS! IF YOU ARE UNABLE TO JOIN THE
SEPTEMBER 15-NOVEMBER 17 GROUP SESSION, CALL
410-837-2050 X 8803 AND ASK TO SIGN UP FOR THE NEXT
GROUP SESSION.