

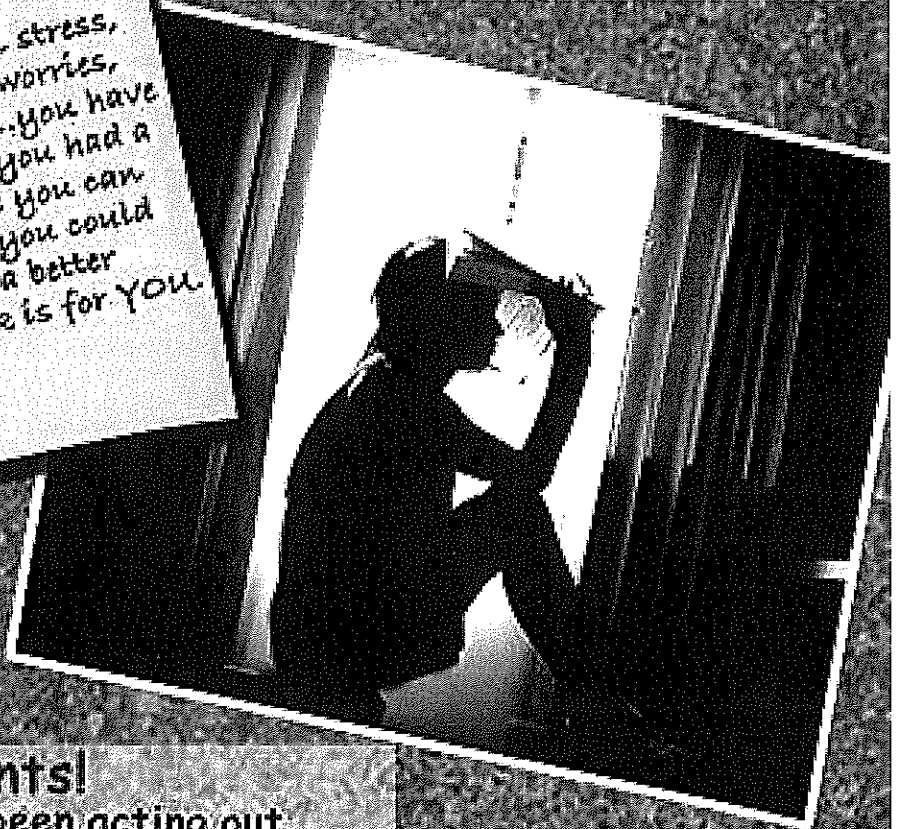
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# Real Talk

CBT-BASED ADOLESCENT SKILLS TRAINING GROUP

## Hey Teens!

Between dealing with school stress, friend drama, managing worries, social media, and parents.....you have a lot going on. Ever wish you had a place just for you? Where you can be real and open? Where you could get some help and be a better version of you? Real Talk is for you.



## Parents!

Has your child been acting out, using substances, or shutting down? Have you reached out for help only to be told that there is a wait list?

**WAIT NO MORE!**

This program has rolling enrollment and is specifically designed for teens struggling with

- Impulsivity/Emotion Regulation
- Self Esteem
- Anger Management
- Relationship Issues
- Substance Abuse
- Self Destructive Behaviors

Want to know more?

[ssparkscounseling@gmail.com](mailto:ssparkscounseling@gmail.com)

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