



Teen Chat

Group Helps Teens:

- ✓ Practice expressing their thoughts and feelings in order to strengthen their self-esteem and self-efficacy
- ✓ Discover what values they hold so that they can make decisions free of guilt and shame
- ✓ Recognize that who they are and what they are feeling is more than important, it is also appreciated and respected by a community of peers who accept them exactly as they are
- ✓ Develop concrete, applicable communication and coping skills to make managing everyday stressors much easier

A group for teens who feel anxious and stressed, and are ready to feel confident and connected.



Ages 14-18

Thursdays 5pm-6pm

\$40 per session, scholarships available

Apply at: <https://interfaithbridge.com/teen-chat>