



Adolescent Healthy Living Group

The Adolescent Healthy Living Group (AHLG) provides a supportive community of healing for teens 13 years and older, struggling with depression, anxiety and other mood issues. This group challenges teens to think about what it means to take increasing ownership of their future.

What your teen can expect to cover in this program:

- Assertive Communication Skills
- Making Healthy Choices (Nutrition, Exercise, Sleep Hygiene, Medication, Addiction, Social Media & Technology)
- Coping With Stress
- Dealing With Guilt, Shame & Stigma
- Building Healthy Social Support
- Increasing Self-Compassion
- Practicing Acceptance & Mindfulness
- Identifying & Living Out Your Values
- Relapse Prevention Planning

Visit our website pinerest.org/teen-healthy for details on topics covered, our Pine Rest group facilitators, and much more.

When

Visit pinerest.org/teen-healthy to get exact dates and times.

Location

Virtual only.

Payment

Most insurance accepted.
Ask if you qualify for financial assistance.

Registration

Talk to your case manager or therapist to set up an orientation with a group facilitator or call us at **866.852.4001**.



pinerest.org/teen-healthy