



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

Upon graduation from AHLG, group members may join the Adolescent Healthy Living Graduate Group, which allows for continued peer support as needed.

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

When

For exact dates and times visit pinerest.org/teen-healthy

Location

Christian Counseling Center
1870 Leonard Street NE
Grand Rapids MI 49505

Pine Rest Caledonia Clinic
6505 Cherry Meadow Drive SE
Caledonia, 49316

Payment

Most insurance accepted
Ask if you qualify for financial assistance

To Schedule an Orientation Session

Call 866.852.4001 or talk to your therapist, psychiatrist, or case manager.



pinerest.org/teen-healthy