



## THERAPIST-LED PEER SUPPORT PROGRAM FOR TEENS

A seven-week virtual\* discussion series offered by the clinical services team, LIFT

\*HIPAA-compliant Zoom room

Thursdays, 7-8:15PM

Open to all

Commitment: \$250.00 // Register: [www.liftupwellness.com](http://www.liftupwellness.com)

### Program Agenda:

Week One: Living through a pandemic: What Covid-19 has to teach us about acceptance, resilience, flexibility, the importance of connection, & and how to pivot and create your Plan B.

Week Two: Identity formation, self-acceptance, self-love, and self-forgiveness. Beginning the process of defining yourself, and making peace with who you are.

Week Three: Improving family communication through assertiveness, honesty, and clear boundary setting.

Week Four: What to do when you're more than blue. Strategies for coping with feelings of depression, self-criticism, isolation, and loneliness.

Week Five: Navigating friendship loss, relationships, dating, and social dynamics.

Week Six: Addressing anxiety with the right kinds of support (intro to cognitive behavioral and dialectical behavioral tools and techniques.)

Week Seven: What is mindfulness? Effective strategies for coping with stress, uncertainty, anxiety, tension, and fear. // Q&A & Wrap-Up: Bring your difficult situations, "stuck" areas, and plan to continue to serve as a network of supportive voices for one another.

About the Facilitator: Nicole Collins is a licensed clinical therapist who "gets it." She is passionate about providing teens with a safe place to grow in confidence

and whole health. She looks forward to meaningful conversations that promote change & positive, new connections!  
Mark These Dates on Your Calendar!

Thursday, September 3, 2020

Thursday, September 10, 2020

Thursday, September 17, 2020

Thursday, September 24, 2020

Thursday, October 1, 2020

Thursday, October 8, 2020

Thursday, October 15, 2020