

Holistic Healing for Young Adults

Focus: Anxiety and Depression

About: This group will meet once a week – it is an open group, meaning that participants can join at any time. You can attend weekly, or once a month if you choose.

Ages: 12-15 years

Maximum Participants: 10

Cost: \$20 per session

The Content: Participants will be provided psychoeducation on anxiety/depression and learn valuable coping skills for each. The purpose of this group is to provide a safe place for young adults to come together and discuss their experiences with anxiety/depression. They will be able to, from each session, take away information and coping skills to use in their daily life. They will also be able to create their very own support network and know they are not alone in their struggle.

Location: Natural Peace Holistic Counseling

Time: 6:00 pm to 7:30 pm on Monday evenings

Example Coping Skills:

- Breathwork
- Meditation
- Stress management
- Grounding
- Thought Change
- Affirmations
- Journaling

To sign up, please visit www.naturalpeaceaz.com!