

Teen Girl Talk Group Therapy

Are you wondering about confidence, self worth, dating or like what are we doing here on this earth? Come join us for group therapy every Monday night at 6:00 PM- 7:00 PM

Call Ashley V at PMYCS at (631) 758-4100 or email avaeth@pmycs.org to sign up.

Space is limited!



This is a place for teens to come together to talk about sensitive topics, learn how to process and respond to emotions by implementing self care, mindfulness, CBT, DBT, Motivational Interviewing, Art Therapy, and more!

**Patchogue Medford Youth and Community Services
390 Bay Ave, Patchogue, NY 11772
(631) 758-4100**

