



NEW EDUCATIONAL AND THERAPEUTIC GROUP

EXCELLING IN HIGH SCHOOL

As you begin high school, you may want to get better at:

- Becoming more independent
- Learning how/when to ask for help
- Managing time and stress
- Exploring your interests
- Navigating relationships with family
- Going for what you want out of life

THIS GROUP IS DESIGNED TO EMPOWER YOU WITH NEW SKILLS TO THRIVE IN HIGH SCHOOL AND BEYOND.

WHO WE ARE

Lindsay Hall, MSW has several years of experience helping young people improve their lives. She does this by identifying barriers to taking chances, working hard, and believing in yourself. She walks the path with you until you're more confident with these skills.



DETAILS

The group takes place at 575 E. Big Beaver Rd., Suite 210, the home office of Wellness Psychotherapy in Troy, MI. One evening per week for 10 weeks.

CALL/EMAIL TO RESERVE YOUR SPOT TODAY!

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