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# TEEN SUPPORT GROUP

Creating a safe and healthy environment to discuss teen issues

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**EVERY OTHER TUESDAY, 5:15-6:15**  
**\$40 PER SESSION**

**- Mood Regulation - Anger/Anxiety -  
Managing Stress - Healthy Relationships -  
Balanced Living - Family Health - Goal  
Setting - Healthy Communication -  
Conflict Resolution - Social Health -**



This group is presented by Dr. Devin Callahan, PsyD at Balance, a center for Mental Health and Wellness.

To reserve your space, call 858.208.8773 or email [dcallahan@balancehealth.org](mailto:dcallahan@balancehealth.org).



Balance Center for Mental Health and Wellness is located at 16935 West Bernardo Drive, Suite 208.

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