

*At Augustine Counseling we understand that being a teenager isn't always easy. We designed this program to give teens a safe space to talk about emotions and experiences to provide strategies that will carry them through life.*



### **Contact Us**

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**Augustine**  
COUNSELING, LLC.

## **Join our \*New\* S.P.A.C.E. Program**

*Safe  
Place for  
Adolescent  
Centered  
Expression*



## Teens who would benefit from S.P.A.C.E. program:

- ★ Structured groups for adolescents ages 13 to 16
- ★ Trouble communicating
- ★ Experience bullying
- ★ Struggle to form relationships with peers
- ★ Experience difficulty tolerating frustration or flexibility
- ★ Have mood disturbances such as anxiety or depression
- ★ Difficulty expressing themselves

Groups forming now for Fall 2018. See back for contact information!



Time and Dates:  
8 Weekly 1-hour sessions starting in Fall of 2018. Most major insurance or private pay accepted!

★ Snacks provided ★

## Working with Teens to:

- ★ Build self-esteem
- ★ Learn stress & anger management
- ★ Develop appropriate social skills
- ★ Deal with anxiety, depression or mood disturbances
- ★ Self regulate
- ★ Increase positive coping strategies
- ★ Build lasting friendships
- ★ Balance school and home environments
- ★ Increase positive expression of emotions
- ★ Problem solving in social settings