



# JOIN OUR NEW SPACE PROGRAM

## **Safe Place for Adolescent Centered Expression**

At Augustine Counseling we understand that growing, young minds are impressionable and being a teen isn't always easy. We designed this program to give teens a safe space to talk about emotions, experiences and provide strategies that will carry them through life. Topics that will be covered will include appropriate social skills, self-regulation, developing positive coping strategies, increasing positive expression of emotions, and improving positive communication.

**Augustine**  
COUNSELING, LLC.

**Forming now for**

**Fall 2018!**

---

**Groups available for  
ages 13-16**

---

**Develop emotional  
skills to cope with  
life as a teen!**

---

**Led by experienced  
male and female  
therapists!**

---

**Contact us today for  
more information!**

## **AUGUSTINE COUNSELING LLC**

2030 Straits Turnpike,  
Suite 3

Middlebury, CT, 06762

(203) 725-3345

[www.augustinecounseling.com](http://www.augustinecounseling.com)  
[augustinecounseling@gmail.com](mailto:augustinecounseling@gmail.com)