



Healing Through Hard Times

**Summer
Group**

Providing a Safe, Supportive and Educational Space to Heal Through Hardships

This group is for adolescents (ages 13-18) who have experienced one or multiple stressful events or hard times. This group will help decrease symptoms related to the stressful events as well as processing the hardships by creating a narrative. Group will be held on Wednesdays at 4:15p at Mound Westonka High School. The group will start on June 12th and end on August 7th. We are looking for adolescents 13 to 18 years old. Prior to the start of group, each member will do an initial session with the group facilitators to gather background information.

This group can be billed to insurance due to it being evidenced-based.

If you are interested in joining or need additional information, please contact:

Ashley Teigland, MA, LMFT

Contact Information: ateigland@relatemn.org or 952-491-8250

