

Virtual Teen Therapy Groups

High School Girls Group

- **WHEN:** Tuesdays from 4-5 pm for eight weeks starting April 5
- **WHO:** Female-identifying high school students
- **HOW:** Email Rachel Reifenberger, MSW, LGSW at rreifenberger@relatemn.org to register or for more information



Relate's Teen Girls Group is a therapy group focused on exploring relationships and processing internal experiences for female-identifying participants. The group will explore the impact of anxiety, depression, and emotionality on peer relationships and managing responsibilities in life. Cost per session is \$75. Insurance is accepted (co-pays apply); group members should identify as female and be attending a high school or high school equivalent. Groups will be conducted via Zoom, so a stable internet connection is required.

High School Guys Group

- **WHEN:** Thursdays from 6:45-7:45 pm for eight weeks starting April 8
- **WHO:** Male-identifying high school students
- **HOW:** Email Aaron Rusnak, MSW, LICSW at arusnak@relatemn.org to register or for more information



Relate's Teen Guys Group, Finding Steady, is a therapy group focused on exploring relationships, processing internal experiences, and developing meaning in life for male-identifying participants. Cost per session is \$75. Insurance is accepted (co-pays apply); group members should identify as male and be attending a high school or high school equivalent. Groups will be conducted via Zoom, so a stable internet connection is required.

