

Healthy Teens Group



A safe and supportive group for teens experiencing symptoms of depression and anxiety

Is your teen experiencing stress, worry, anxiety, trouble sleeping, school difficulty, trouble concentrating, feeling down, feelings of worthlessness, or issues with self-esteem? If so, this therapeutic group may be a good fit for them. We will be meeting on a weekly basis on Tuesdays starting November 7th at the Clinical Psychology Center (CPC). Please contact the CPC to register today!

Tuesdays @ 7 pm
at the CPC

14 - 18 years old
teens

November 7th -
April 16th

Learn coping skills
to help you thrive

Screening and
registration
required*

CLINICAL PSYCHOLOGY
CENTER (CPC)

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