



Teen Anxiety & Depression Group

Feeling down, worried, not yourself, lonely, or annoyed with everyone? Join us!



Learn strategies for...

Social Anxiety

Depression

Isolation

Irritability

Nervousness

Stress

Meet others...

who are going through the same things as you.

Improve your relationships and learn strategies to overcome your struggles - and we'll do it together.

**Thursday nights 5:30-6:30 pm at Rum River Counseling
Stacey Meath, MSSW, LICSW**

***Rum River Counseling 1208 Grand Avenue, St. Paul, MN 55105
Beginning December 1, 2016***

Most insurance policies accepted

Contact Mary Alice to register

763-482-9598

www.rumrivercounseling.com