



Coping Skills Support Group

Participate from home

Facilitated by Monica Beeman, LMSW

Sessions start Wednesday, May 6.

Who: Adolescents & young adults ages 16 – 21 feeling depressed or anxious

When: Wednesdays, 4-5 p.m.

Where: Secure Video Conferencing
You will receive a link to participate after registering.

Are you having trouble managing emotions, stress, anxiety, and depression? *You are not alone.*

Join us for an **8-week online therapy group** designed to help you build your coping skill toolkit. Learn from a licensed therapist and from others who have experienced what you are going through.

During this course, you will learn:

- How to manage your emotions in a healthy way
- Ways to focus on your strengths
- How to track and regulate your mood
- Mindfulness skills you can incorporate into daily practice
- How to challenge negative thoughts
- Ways to develop healthy habits you can continue to use

Inquire about other groups we are offering: Anger Management Therapy; Living with Uncertainty: Coping with Anxiety & COVID-19; and Parenting Strategies and Stress Management during COVID-19 Therapy.

Contact us at 301-663-8263 ext. 224 to learn more and register.

Participants with Maryland Medicaid are welcome.



Sheppard Pratt