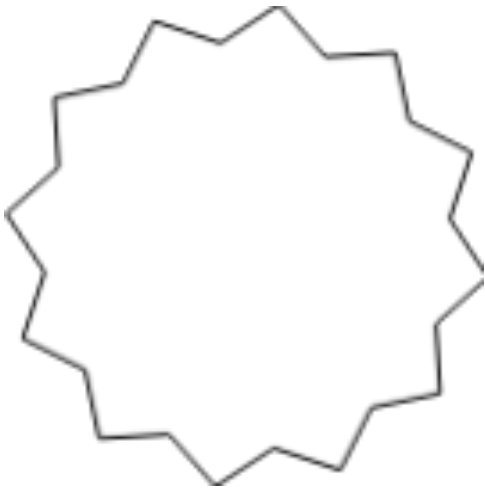


**Saturday @
12pm in Glen
Ellyn**

HI

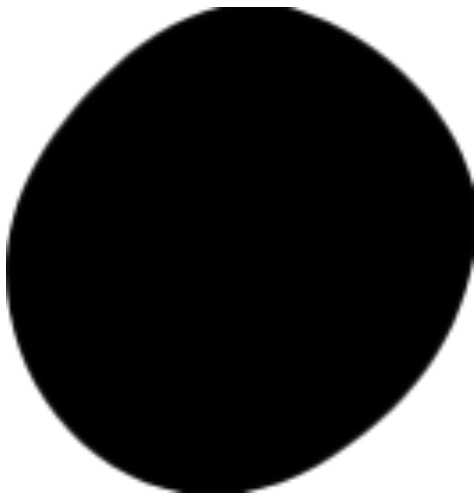


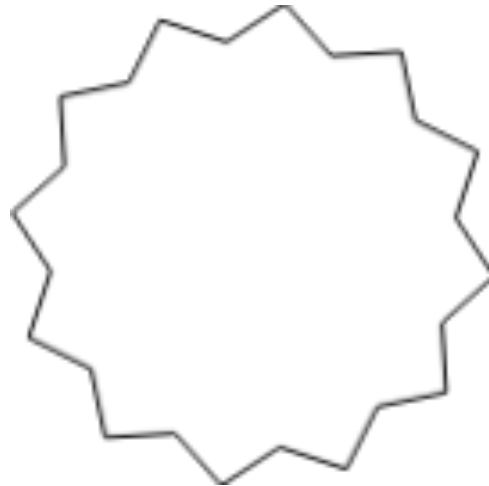
THERE! Teen



Support Group







wE

AR_E a support group for
teenagers

wanting to process emotions,
thoughts, and life events with
their
peers



DG Counseling Inc. is providing a co-ed support
group facilitated by Misha Mahadevia, LPC.
Insurance accepted.

630.353.0697

mishadgc@gmail.com

Mindfulness

SL

L

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K

S

Identify thoughts, behaviors, and emotions Coping
Methods

Breathing Techniques

Peer Support

Social Skills