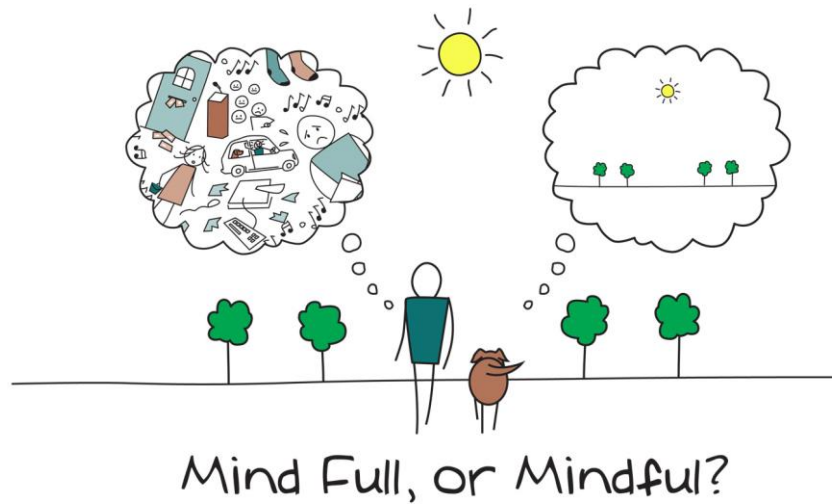


# "You've Got This" Group



Learn how to identify, cope with, and express your thoughts and feelings.

This is an 8-week group, geared towards helping adolescents to young adults who struggle with positive coping and/or self-expression of thoughts and feelings.

## **Purposes of the group:**

Learning about common thought traps

Identifying signs and symptoms of stress

Learning about emotions and how to effectively cope with them

Learning how to effectively communicate how you feel

Ages: 14-20 years old (adolescent)

Accepting those with CCBH/MA insurance or Self-Pay at the rate of \$30

Time and Day: 6pm-730pm on Tuesdays starting August 13<sup>th</sup>

Location: Dr. Tiffany Griffiths, Psy.D. & Associates, Inc.- Clarks Summit office

406 N. State Street, Clarks Summit, PA 18411

Contact- Elizabeth Ruch MA NCC (570) 342-8434 ext. 335

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