



VIRGINIA OAK

COUNSELING

NAVIGATING THE SEASONS OF LIFE

CBT & The Mind Adolescent Virtual Support Group

Tuesdays throughout the Winter

1/11, 1/18, 1/25, 2/1, 2/8, & 2/15

6pm-7pm

BCBS, Anthem, United insurance accepted

Virtual link provided before sessions begin.



Age Group: 12-17 year olds

GROUP ADDRESSES

Anxiety, Depression, Anger, PTSD,
Emotion Dysregulation, Negative
Thoughts, Cognitive Dysfunction, and
Family Dysfunction

Registration and more information:

contact@vaoakcounseling.com

SPACE IS LIMITED, SIGN UP NOW

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