

GO FROM TEEN WORRY TO

Teen Calm

Reduce Anxiety | Build Confidence
Understand Your Brain | Develop Coping Skills

OPEN TO ALL ADOLESCENTS, 12+ YEARS OF AGE

SUMMER 2019:
THURSDAYS FROM 4-5:30
JULY 11-AUGUST 15

Facilitated by Sarah Souder Johnson, M.Ed., LPCC.

Contact Sarah at sjohnson@sentiertherapy.com

Learn more here: www.sentiertherapy.com

Sentier
psychotherapy