

Come join your tribe.
We will be providing a safe place
for teens to practice mindfulness
skills and yoga, listen to and play
music, enjoy storytelling,
participate in brain-storming,
communicating, and ultimately
connecting.



BLOSSOM



This teen support group is open to
all adolescents ages 12 to 24. The
start date is Tuesday, February 3rd,
2015, at 6:30pm.

Attendance is open for the first
three months and then will become
by enrollment.

Costs for this support group will be
covered by insurances or through
sliding scale considerations.

WEST SEATTLE PSYCHOTHERAPY
PLLC

9269 California Avenue S. W. Seattle, WA 98136

www.westseattlepsychotherapy.com

TEEN SUPPORT GROUP



We all need to feel like we belong
among like-minded humans where
we can share our struggles as well
as our ideas and aspirations and
where we can find some joy.





"The poet's mind floats and dances on the waves of life amidst the voices of wind and water"~R. Tagore

We invite you to join this support group every other Tuesday evening. If you are between the ages of 12 - 24 and are willing to experience new people and new activities with an open mind in order to find more respect and joy, please come check us out.

Please feel free to contact any of the facilitators with questions about the support group. We are happy to be able to offer time, a safe place, and good attention for all who attend.

For those mental health professionals who are referring adolescents to this support group, we will be incorporating evidence-based mental health therapies such as mindfulness-based cognitive therapy as well as psycho-education and talk therapy.

WE ARE HERE FOR YOU!

Our aim is to provide you with the support of each other and from us, your adult facilitators and advocates. We understand how difficult adolescence can be and want to provide you with a place where your ideas and expressions can be honored and respected, where practices that are life enhancing are taught, and where the wisdom of the ages is shared for your benefit.



KAREN ARMAND, PHD, LMHC, YOGA THERAPIST, PAINTER

Contact information: karen@westseattlepsychotherapy.com or 206-595-2648



HOPPY HOPKINS, CHEMICAL DEPENDENCY PROFESSIONAL, MUSICIAN

Contact information:



DEVIN ROGER, MA, LMHC, CDP, YOGA INSTRUCTOR, ACTOR

Contact information:



SWETA SARAOGI,, YOGA INSTRUCTOR, REIKI MASTER, STORYTELLER

Contact information:

