



**CRUZ CLINIC**  
**VIRTUAL ADOLESCENT SUPPORT GROUP**  
**HELPING TEENS DEAL WITH STRESS**  
**DURING THE COVID-19 CRISIS**

TEENAGERS HAVE BEEN HARD HIT BY THE COVID-19 OUTBREAK, IRREGULAR SCHOOL HOURS, INABILITY TO BE WITH FRIENDS, AND PARTICPATION IN AFTER SCHOOL ACTIVITIES, AT A TIME WHEN IT IS SO IMPORTANT FOR TEENS TO DEVELOP RELATIONSHIPS, SOCIAL FUNCTIONING, AND SOCIAL GROWTH. MANY TEENS HAVE BEEN DEEPLY AFFECTED DEALING WITH THIS STRESS.

**WHO:**

MIDDLE SCHOOL TEENS  
BOYS & GIRLS

**WHEN:**

SATURDAYS  
STARTING NOVEMBER 14, 2020  
2:00 PM - 3:30 PM

**WHAT:**

COGNITIVE BEHAIORAL APPROACH WITH SUPPORTIVE TECHNIQUES TO HELP THOSE EXPERIENCING:

- ANXIETY
- DEPRESSION
- NEED FOR EMOTIONAL REGULATION
- UNDERSTAND AND PROCESS EMOTIONS
- DEVELOP COPING SKILLS WHILE THEY NAVIGATE THEIR STRESSORS WITH OTHER PEERS

**GOAL:**

HELP MIDDLE SCHOOL TEENS REALIZE THEY ARE NOT ALONE AND THAT THEY CAN BENEFIT FROM SUPPORT.

PLEASE CONTACT CRUZ CLINIC TO REGISTER  
**734-462-3210**

MOST INSURANCES ACCEPTED

CRUZ CLINIC 17177 N LAUREL PARK DRIVE # 131 LIVONIA, MI 48152