



# High School Process Group

Explore and discuss challenges with anxiety, depression, school performance, and peer relationships. Enhance coping skills, self-esteem, and emotional regulation skills in a safe, supportive environment.

Gain insight and normalize everyday challenges with support from peers.

**Open Enrollment!**

**Wednesdays  
@4:30  
(Group size  
is limited)**



*Key Therapy Counseling*

731 Main Street, Suite 122. Monroe, CT 06468

Email: [sloglisci@keytherapyllc.com](mailto:sloglisci@keytherapyllc.com)

CALL: 203-261-7090

[www.keytherapycounseling.com](http://www.keytherapycounseling.com)