

ADOLESCENT RESILIENCE GROUP

INSPIRED BY THE BOOK:

THE BODY KEEPS THE SCORE - TRAUMA IS STORED IN THE BODY

This group is designed for adolescents seeking Christ-centered healing:

- **Regulate** – Light Exercise to calm the body
- **Relate** – Story Sharing & Support
- **Reason** – Cultivate Emotional Intelligence & Social Skills

- **Topics Included:**

- Emotional Regulation
- Social Skills Development
- Coping Strategies
- Conflict Resolution
- Substance Abuse Prevention, and more.



Monday, Tuesday, & Thursday

Starting September 29th



Time

04.00 PM - 5.00 PM



Groups Size: 8

(Open Enrollment)



Walk By Faith Counseling's

2nd Location at The CulTure Gym

(a Christ centered gym on College Ave.)

3375 W College Ave, Appleton, WI 54914

Cost/Insurance:

\$45 per session



(Some insurances allow billing for groups, please check directly with your insurance regarding group therapy. For a list of insurances we are generally in-network with, please check-out our website.)



www.walkbyfaithcounseling.com



920-238-3340 (Option 1)



Find Empathy, Safety, and Healing

Walk by Faith Counseling