

Teen Survival Skills



Teen Survival Skills is a support group for girls 14 to 17 years old that focuses on topics that impact a teenager's daily lives.

Teens will be able to meet and talk with peers while having fun with activities and discussions about learning strategies and gaining support for relevant topics in their lives. These include developing healthy relationships, peer pressure, improving communication, problem solving skills and loving who they are.

Located At:
Bayside Counseling
1921 Boston Post Road
Westbrook, CT
860-399-9500

Presented By:
Dena Otrin, LPC, NCC
Licensed Professional Counselor
National Certified Counselor

Teen Survival Skills will meet every other Tuesday night from 7:15pm to 8:15pm for eight weeks. Start date based on interest.

Most insurances are accepted. Self-pay rate is \$30.00 per session.

Embracing A Healthy Lifestyle Together!

Space is Limited! Register Today!