

Speak! Feel! Be!

A group where youth & parents can feel and speak freely in a safe, welcoming, and supportive environment



Co-led by 2 ACS therapists, the first 4 weeks of this support group will be for youth to express their feelings of grief, anxiety, anger and ground themselves through stressful times.

The second 4 weeks will be for parents to find their way through the misconceptions, anxiety, and helplessness of the situations facing our youth.



date + time

Saturdays
10am - 11:30am
8 Weeks
Starting 2/14/15



location

ACS Outpatient Clinic
1717 Embarcadero Rd,
Suite 4000
Palo Alto, CA 94303



cost

\$10 per group
session per person
(or per couple).
Scholarships
available.

