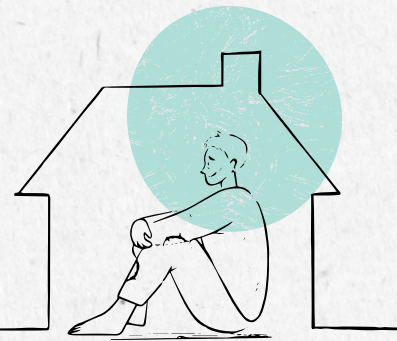
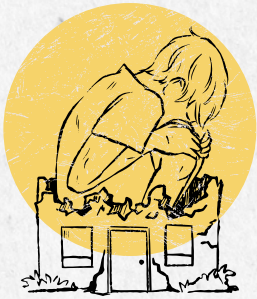


# TEEN COPING SKILLS GROUP

Discover the path to well-being



**TLDR: Learn to cope with emotions better!**

**Details:** Thursdays 4-5pm  
Virtual

Starting September 26

**Eligibility:** Ages 12-17

Difficulties Coping with Mood Disorders or Trauma

Exclusion Criteria: psychosis, criminal behaviors, suicide attempt or significant self-harm in the past 12 months (unless awaiting DBT-A)



Internal Referrals: Complete the Coping Skills Group referral in Procentive

External Referrals: Call 608-643-3147  
or [www.pauquette.com](http://www.pauquette.com)

Lead by Colleen Jarema, LPC