

Email
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248-457-5178
to sign up!

WEEKLY TEEN GROUP THERAPY (ON ZOOM)



PROCESS & DISCUSS FEELINGS

Using the group support, talk about the feelings taking over your mind. Validate emotions with one another and express the high and lows of your week.



PRACTICE MINDFULNESS

Take 5 minutes to practice a mindfulness exercise together to center yourself. Discussion on how the exercise went for each person.



TAKE-HOME WORKSHEETS

Each week, teens will have a take-home assignment such as a mood journal or communication sheet to complete. Practicing self-care and skills.



CONNECT WITH PEERS

Spend 50 minutes with peers also affected by COVID-10 and work together on shared goals of treatment.



GRIEVE TOGETHER

Address the loss you are experiencing. Whether it's Senior year coming to an abrupt halt or the loss of sport/activities.



BUILD COPING SKILLS

- Emotion Regulation skills
- Coping strategies
- Self-care

