

Just for teens

# Mental Health Support Group

Virtual or In-Person Meetings

Wednesday's  
3:00pm

*An encouraging and caring support group for teens ages 14 to 17 working on developing positive mental health.*

Join this virtual or in-person support group for time to make connections, conversation, and share ways to develop positive mental health. Group members have an opportunity to talk about strategies that are working for them and learn new ways to create positive mental health.

This is a small group setting with the intention to offer support for one another by sharing experiences with current events, friendships, grief, depression, isolation, and other topics that that participants would like to discuss.

**Registration is required.** *Contact us to find out more!*

**Ph. 844.314.4673**



Support Group Professional  
**Kate Burggraff, MA, LPCC**

Katie has experience working with individuals of varying ages and diagnoses including: autism spectrum disorder, attention deficit/hyperactivity disorder, developmental and intellectual disabilities, trauma, personality disorders, anxiety, and depression.

Katie has experience providing individual, group, and family therapy as well as intensive day treatment and psychological evaluations. Katie provides a calm, inviting, and therapeutic environment for clients to explore their journey towards meaning and growth.

