



Jewish Family and Vocational Service of Middlesex County

- * 32 Ford Avenue, second floor Milltown, NJ 08850 732-777-1940
- * 52 Concordia Shopping Center Monroe Township, NJ 08831 609-395-7979

BEING A SUCCESSFUL TEENAGER: Gaining Independence Through Informed Choices

Adolescence is a period of transition that brings with it many challenges. As teens earn more freedom they gain more responsibilities. They are bombarded with a multitude of expectations and pressures.

For those teens with peer relationship issues, family problems, and/or academic concerns these years can be especially difficult. This group offers information, guidance and the enhancement of problem-solving and communication skills to assist in navigating through this time of life. The group will address the following issues:

- Self-esteem
- Peer pressure
- Building trusting relationships with parents/adults
- Family responsibilities
- Drugs and alcohol
- Depression and anxiety
- Stress management
- Sex

Participants will be between the ages of 13 to 17

**FOR INFORMATION CALL
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732-777-1940 or 609-395-7979**