

# Life As It Grows

## What is Life As It Grows?

Groundwork Counseling, LLC is creating a safe space for teenagers to socialize, assist with basic needs, discuss/explore mental health stressors, and learn health techniques to manage or decrease symptoms. Life As It Grows will take place on Wednesdays from 4:15-5:15 PM.

## Outline

Wednesday: Teens will be greeted and will begin group promptly. The group leader, a Licensed Mental Health Professional, and members will begin each group by discussing expectations/rules set forth for the group. The last portion will be 'free-time', to allow each group member to get a snack, water, and engage in arts/crafts or game-play. Free-time is based on engagement and participation in group activity prior. Snacks will always be provided.

## Group Topics

Healthy vs.  
Unhealthy  
Coping Skills

Conflicts  
& Conflict  
Resolution

Emotional  
Regulation

Cognitive  
Reframing  
Activities

Anxiety  
Depression

Life Skills

## Cost

All Insurances Accepted: Commercial and Medicaid

## How to Start

To begin the group, GWC will schedule an individual intake appointment to assess for needs and attend at least one monthly individual appointment with a therapist. Parents/Guardians are required to attend the initial appointment for at least the first portion (30 minutes of the appointment time). Cost for individual appointments will be based on individual insurance policies and/or self-pay rates determined by the clinician and parent/guardian.

\*This group is a closed group, which means 6 members for 6 weeks.