



# TEEN TRIBE:

therapy group for teens affected by a loved one's mental health condition or other adverse childhood experiences (ACEs).

SCHEDULE: IN  
PERSON ON  
THURSDAYS FROM  
4:00-5:15  
BEGINNING 9/9

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## ABOUT THE GROUP

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## OUR FOCUS

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Teens that have faced family challenges relating to mental illness, high-conflict relationships, substance use, life-threatening or chronic illness, etc., are often described as being "wise beyond their years," "mature for their age," or "old souls." They have seen, heard, and learned more about life and its unavoidable challenges than most of their same aged peers.

This support group is intended to provide an outlet for teens that have experienced adverse childhood experiences (ACEs).

- **End the stigma:** Learn about the role of mental health and personal wellness in healing from past experiences
- **Rising strong:** Building resilience through connection, education, boundaries, and self-empowerment
- **Breaking the cycle:** preventing re-traumatization through the development of self-awareness and
- **Riding the wave:** develop acceptance of one's past & identify how lived experience has provided the framework for personal growth and a healthy future

Group will be facilitated by Alicia Giglio, MS, LAC, NCC,  
& Olivia Volpe, Graduate Intern

**REGISTER**

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To learn more, visit us

[wholeheartedhealingcollective.org](http://wholeheartedhealingcollective.org)

