



ADAPT GROUP

FOR TEEN GIRLS 12 - 18 WITH ANXIETY OR DEPRESSION

What is the Adapt group?

The Adapt group is a once weekly therapy group for teens who experience anxiety or depression. Using **DBT strategies**, the ADAPT group focuses on developing coping skills and **building on individual strengths** to successfully **manage difficult feelings**.

How can my teen benefit from ADAPT?

Therapeutic group setting **provides teens a safe and nurturing environment** to encourage and support one another while **building relationships** and developing emotionally adaptive skills

Groups occur **after school** at: **61 Davis Ave, Neptune, NJ 07753**

How to enroll your child:

Call 732-869-2784 for more information or start the intake process

We take most major insurances!



Hackensack Meridian
Children's Health