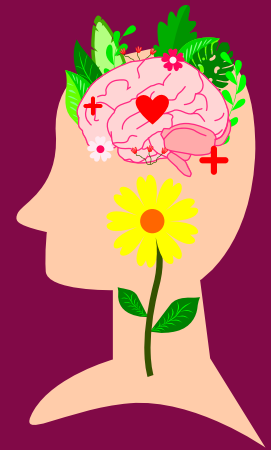


High School Girls Summer Group

6 Week EMDR & DBT informed
therapy and skills group



Brush up on coping skills to prepare to have your best summer and upcoming school year!

Promote:

- Emotion Regulation
- Relaxation
- Resilience
- Communication
- Social Support
- Problem Solving

Anticipated start date 6/28

Wednesdays 6-7:30PM

Me & Mine Therapy

569 Abbington Dr, Hightstown

Rebecca Sears, Psy.D

Licensed Child & Adolescent Psychologist

Michelle Petrie, LPC

Licensed Professional Counselor

Space is limited, please reply promptly 732-547-5832

*We work with most insurances!



Compassion. Change. Cure.