

# THRIVE

TEEN HEALTH. RELATIONSHIPS. INDEPENDENCE. VISION. EMPOWERMENT.

## GROUP FOR TEENS!

HELD VIRTUALLY ON ZOOM



Teens ages 13-17 who are court-involved or at risk for court involvement and living in Middlesex County are welcome.

- Teens will develop tools for success in a safe and supportive environment.
- Weekly giveaways to participants!

To refer a youth, visit [www.acskids.org/treatment](http://www.acskids.org/treatment)

Questions? Email Sarah Langis, LMHC at [sarah.langis@acskids.org](mailto:sarah.langis@acskids.org)



# About our program

## THRIVE

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**Our 8 session psychoeducational program, THRIVE, helps teens learn the skills needed to understand and cope with the challenges they face. ACS clients are under the care of licensed mental health clinicians.**

Topics include: enhancing communication skills, coping with emotions, setting healthy boundaries, dealing with peer pressure, social media safety, and substance use education.

This program is recommended for:

- Teens seeking counseling for the first time
- Teens who may be on a waitlist for outpatient services
- Teens without a significant mental health history (e.g. psychiatric hospitalizations, recent medication changes, suicide attempts, self-injurious behavior)

We accept referrals from Court personnel, the Juvenile Diversion Program, school personnel, parents/ guardians, community-based organizations, and state agencies.