

**Do you know a teen or young adult that may need more support?
This program may be a good fit for them!**



Teens and Young Adult Support Group

A facilitated teen and young adult group designed to provide a structured, supportive, safe environment where youth discuss relevant topics while gaining the skills to better cope with life's challenges.

Program Aim:

- *Provide support and mentoring
- *Build positive skills (communication, decision making, and more.)
- *Help youth handle individual, peer and family challenges



Groups will meet on
Wednesday nights.

6:00 – 7:00

\$75.00 /month

Discounts available to families in need

*Support groups led by
Sunshine Mental Health and
Prevention Staff*

We know it is tough to get teens or young adults to get help in any way.

*Sunshine has over 30 years of experience working with children, teens and adults.
It is encouraged to come to the initial meeting and leave the rest to us!!!*

*Set up a time to bring in your teen/young adult to learn more about the program,
meet our staff and see if this program may be a fit. No charge for the initial meeting.*

Contact Dr Carter at 631-476-3099 or drcarter.sunshinecenter@gmail.com


Sunshine

Alternative Education and Prevention Center

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