

Skill Builder Sessions: Teen Talk

for 7th to 12th Graders



COVID-19 Safety Protocols Followed

We Can **HELP!**

Join any time! Attend any days!

Monday through Thursday

3:00 pm – 6:00 pm

February 15th through April 30th

Groups will review coping skills, behavior regulation, and social skills necessary for engaging with peers.

Topics may include hygiene, etiquette, joining an activity in progress, appropriate topics of conversation with peers, daily life tasks, household tasks, self-esteem, anger management and making plans with others.

Groups are intended for individuals who are verbal and able to participate in group discussion and activities.

Individuals who are physically aggressive are not appropriate for this group

Insurance and Private Pay

Medicaid insurance accepted. Private Pay/alternative options available.

Sign Up

To sign up, have any Harbor clinician send a referral to Carrie Mendenhall, LPCC-S

**Individuals not currently engaged in services may contact Harbor to initiate services.*

**Individuals who have not participated in group before may be asked to participate in a pre-assessment*

Location: Harbor, 7140 Port Sylvania Drive, Toledo, OH 43617

**Contact Carrie Mendenhall, LPCC-S at
567.408.7242 for more information**

**Developmental & Behavioral Services
7140 Port Sylvania Drive, Toledo, OH 43617**

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