



# The Halliday Center for Psychotherapy and Wellness, Inc.

## Back-to-School Support for Teens:

### A Therapy Group to Build Confidence & Connection



Sending your teen back to school can bring up a mix of emotions—for both of you. We're here to make that transition easier.

Our upcoming **Teen Group Therapy Program** is designed to help teens feel more confident, connected, and emotionally supported as they head into the school year.

**Who:** 🧑 Now enrolling teens ages 14–18

**When:** 📅 8 Saturdays from **June 28 through August 16<sup>th</sup>, 2:00-3:30 PM**

**Where:** 12625 High Bluff Drive, Suite 216, San Diego, CA 92130 (Del Mar/Carmel Valley)

**Cost:** \$ 95.00 per session (includes free, initial consultation)

Led by Kimberly Brownell, LCSW and Certified Educational Advocate, and Abigail Schmidt, Child Development and Psychology major at San Diego State University. This group will explore:

- **Social anxiety and stress management**
- **ADHD-related challenges**
- **Body image and body positivity**
- **Depression and mood regulation**
- **Self-esteem and identity**
- **Belonging -- at home, school, and with peers**

Kim brings years of clinical expertise and a deep understanding of adolescent development. Together with Abigail they create a warm, safe space where teens can open up, feel seen, feel heard, and learn valuable skills to thrive both emotionally and socially.

💖 **Parents tell us that after participating in group therapy, their teen feels more grounded, connected, and confident. The benefits ripple out—into the home, the classroom, and beyond.**

🧠 **Teens share noticing increases in practical coping skills, self-awareness, and a stronger sense of identity.**

🔑 **Spots are limited and filling quickly—reserve your teen's place today!**

For more information or to register, contact one of our friendly Client Care Advocates at email: [info@thehallidaycenter.com](mailto:info@thehallidaycenter.com), Office: (760) 635-3310 x 104

We're excited to support your teen on their journey!