

Group A.C.T.

Acceptance and Coping for Teens

- ❖ A psychology group for adolescents (ages 15 and up) with chronic conditions
- ❖ To allow adolescents to connect with others who have chronic conditions and learn strategies to help function with and manage their conditions
- ❖ Topics include:
 - Identifying and managing stress
 - Relaxation and mindfulness strategies
 - Time management and scheduling
 - Improving problem solving skills
 - Increasing assertiveness and independent functioning
 - Making healthy lifestyle changes

Sessions with Dr. Getzoff from the Department of Pediatric Psychology/ Neuropsychology:

- Rolling admission
- ❖ For more information, please contact:
Elizabeth Getzoff, Ph.D.
Licensed Psychologist
mwphgroups@mwph.org
- ❖ Space is limited so reserve your spot today!