* This is an interpersonal group for adolescents who struggle with adjustment related difficulties. Each week members or group leaders pick topics to discuss according to their current presentation to process as a group.
* Topics include self-esteem, family problems, relationships, coping skills (including mindfulness and relaxation), depression, anxiety, body image, self-injury, anger, social problems, bullying, friendships, online safety, and academic pressures and school issues. We focus on building a trusting and safe support system among members that they cannot otherwise find outside of group​.

This group is designed to help group members:

Schedule and Admission:

* Groups meet weekly (Tuesdays at 4:00pm) via telepsychology using Zoom
* Rolling admission
* All female identifying and nonbinary teens are welcome and pronouns are respected. ​

Sessions with Dr. Getzoff and Dr. Lee from the Department of Pediatric Psychology/ Neuropsychology:  
For more information, please contact:

[**mwphgroups@mwph.org**](mailto:mwphgroups@mwph.org)