



FOR YOUNG PEOPLE, AGE 13 - 18

15 participants per Group.
4 Sessions (1 hour each) +
1 Session (1 hour) for Parents.
Online via Zoom.

Saturdays, October, 2020
Dates: 3rd, 10th, 17th, 24th
Time: 4pm - 5pm (each day)

Cost: ₹ 2400 /-
(inclusive of GST)

TEEN TALK

A SOCIAL-
EMOTIONAL
SKILLS
PROGRAM



By
**Dr. Diana Monteiro
& Team**
(Counseling Psychologists)

The Hyderabad Academy of
Psychology

<http://www.thehap.in/>

TOPICS COVERED (TEENS):

- How to Manage Stress.
- Coping Strategies for Common Teenage Difficulties.
- Develop Healthy Ways of Thinking.
- Navigating Relationships.

TOPIC (PARENTS):

- Coping with Parenting Teens



To Register: [CLICK HERE](#)

For more information call
+91 94939 75140