

"Mastering M.E." CBT Group

(2 Modules, 6-Weeks Each)

Locations: 333 N. Dobson Rd., Chandler, AZ, 85226
(Chandler Blvd and Dobson Rd) or TELEHEALTH

• HIGH SCHOOL GROUP, 14-18, (3-4:30pm)

GIRLS GROUP

BOYS GROUP

○ Module 1- 

Module 1- 

○ Module 2- 

Module 2- 

• JR. HIGH GROUP, 11-13, (3-4:30pm)

○ Module 1- 

Module 2- 

• SUMMER CBT GROUP for TEENS (4WKS)

○ Module 1&2 (Combo)- 

○ Tues/Thurs: 10:15am-11:45am

COST/SESSION

Mastering M.E. (CBT Support Group) \$50/Session

*Blue Cross Blue Shield may partially cover

COGNITIVE BEHAVIORAL THERAPY

- Basics: "Change the way you think...change the way you feel...change how you feel...change how you do"
- American Psychological Association: "First Choice of Treatment" and "Gold Standard" for treating: Anxiety, Depression, & Mood Disorders
- 60%-80% experience significant improvement
- Equivalent or better than medication alone

LIMITED AVAILABILITY! (6-8 Per Group) SIGN UP TODAY!

TWEEN/TEEN SUPPORT GROUP CALENDAR 2021

JANUARY

S	M	T	W	T	F	S
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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

FEBRUARY

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28						

MARCH

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APRIL

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MAY

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JUNE

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JULY

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AUGUST

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SEPTEMBER

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OCTOBER

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NOVEMBER

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28	29	30				

DECEMBER

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19	20	21	22	23	24	25
26	27	28	29	30	31	

For More Information, Contact Group Facilitator, Ryan Helton, MSC, LPC
480-249-8511, ryan@iwilltranscend.org