

**Do you know a teen or young adult that may need more support?
This program may be a good fit for them!**



Teens and Young Adult Support Group

A facilitated teen and young adult group designed to provide a structured, supportive, safe environment where youth discuss relevant topics while gaining the skills to better cope with life's challenges.

Program Aim:

- *Provide support and mentoring
- *Build positive skills (communication, decision making, and more.)
- *Help youth handle individual, peer and family challenges



Groups will meet on
Wednesday nights.

6:00 – 7:00

\$75.00 /month

Discounts available to families in need

*Support groups led by
Sunshine Mental Health and
Prevention Staff*

We know it is tough to get teens or young adults to get help in any way.

Sunshine has over 30 years of experience working with children, teens and adults.

It is encouraged to come to the initial meeting and leave the rest to us!!!

*Set up a time to bring in your teen/young adult to learn more about the program,
meet our staff and see if this program may be a fit. No charge for the initial meeting.*

Contact Dr Carter at 631-476-3099 or drcarter.sunshinecenter@gmail.com

Sunshine

Alternative Education and Prevention Center

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