

Well Being Therapy Center

Fall Teen Groups

Circle Up Therapy Group:

Tuesdays starting Sept 20th in Montville
Wednesdays starting Sept 21st in Short Hills

Film Club:

Mondays starting Sept 19th in Montville

all groups meet weekly for 12 weeks
7pm - 8:15pm



*Does your teen need more support and positive social connections
this school year? Open to Ages 13-17*

Circle Up Therapy Group:

Learn healthy coping skills.
Develop peer connections.
Build self-esteem
and confidence.

Film Club:

Each week, watch and
discuss meaningful films;
then explore important
teen issues and overcoming challenges.

[Click here to enroll now](#)

