

# Pro|Teen

## Teenagers Talking for Growth

6 -7.30pm Thursdays  
October 24 - December 12

Many teens feel isolated, misunderstood, have social anxiety, struggle with friendships, substance abuse, peer pressure, sexuality, body image, social media ... and more.

Pro-Teen provides a structured and safe place for teens to experience positive social interactions with their peers and work through issues while building connection & emotional strength.

Be part of this 8 week group supported by professional therapists, talking & sharing with other young people to find your own voice and support each other.

Limited to 8 people. To book call 9979 3000 or email: [contact@bilibiopsych.com](mailto:contact@bilibiopsych.com)

BPsych  
8 Mona Vale Road, Mona Vale

# Pro | Teen

## Is this right for you?

You are not alone in your emotions and struggles.  
Develop your self-esteem and confidence in a supportive space.

Topics we'll talk about include:

Anxiety  
Depression  
Body Image  
Sexuality  
Substance Abuse  
Isolation  
Mental Health  
Expressing Feelings  
Communicating  
Family Conflict

This 8 week group is supported by a psychologist and counsellor.  
The cost is \$65 per week (Medicare subsidy available with a Mental Health Treatment Plan from your GP)  
The group is limited to 8 people aged 15 -19 yrs.

To register your interest, please contact Justine on 9979-3000

*We look forward to meeting you,  
Gaby & Vanessa*

**BPsych**

8 Mona Vale Road, Mona Vale  
email: [contact@bilibiopsych.com](mailto:contact@bilibiopsych.com)  
visit the website: [bilibiopsych.com](http://bilibiopsych.com)