



Creating "A Village" of Support  
Learn \* Share \* Grow

# STRESS & ANXIETY 101 FOR TEENS

Do you suffer from Anxiety, Depression, Self-harm, Substance Abuse, or Suicidal Ideation?

**YOU ARE NOT ALONE.**

3 million teens ages 12 to 17 had at least one major depressive episode in the past year, according to the Department of Health and Human Services.

## Topics

- Self-harm & suicide warning signs
- Negative & positive coping skills
- The biological effects of stress
- Positive communication skills
- What is considered a crisis
- The stress of relationships
- Setting boundaries
- Causes of stress

## Class Schedule

All programs 6-weeks –  
90 minutes, limited 10 people

Programs repeat every 7 weeks. Call or check the web for starting dates.

**Mon** High School Boys  
**Tue** Middle School Boys  
**Wed** High School Girls  
**Thur** Middle School Girls

**Time:**

4:00 – 5:30 pm

**Cost:**

\$180 for 6 weeks\*

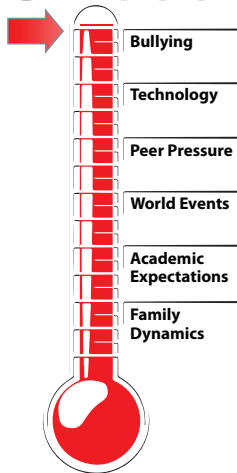
**Location:**

2031 E. Calumet St, Appleton  
Across from Appleton East H.S.  
(In Scanlon Jewelry Building)

**Register on-line or call**

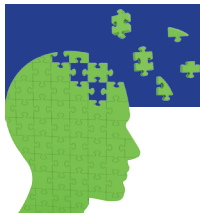
[www.avillage4u.org](http://www.avillage4u.org)  
920-809-6766

# Stress



\* No refunds if you are absent from a session.

## INDIVIDUAL COUNSELING



### CHECK-UP FROM THE NECK UP

#### Simplified Mental Health Assessment

What's going on in there --  
and how is it affecting your life?

Are you in control of all  
those pieces or do you need  
some help organizing and  
understanding them?

### Personal Assessment

- Participate in a series of questions with an experienced counselor
- Determine where your areas of need may be
- Ideas to help lead you in a positive direction

**Cost:**

**\$45 per hour**

**For an Appointment:**

**Call 920-809-6766**



#### Mental Health Care is as Important as Physical Health Care

For more information, or to schedule an appointment, visit our website or call our office. Conveniently located across from Appleton East High School

[www.avillage4u.org](http://www.avillage4u.org)  
920-809-6766  
2031 E Calumet St  
Appleton WI 54915  
[teresa@avillage4u.org](mailto:teresa@avillage4u.org)

**"A Village" LLC** Programs and Individual Counseling sessions are not billed through insurance and will not affect other counseling you may be receiving.