

Teen's Conflict Management Group

Many adolescents experience teasing, bullying and social rejection during their school years. When teens experience repeated hostility, their self-esteem suffers and they may become socially withdrawn. Sadness, depression and social anxiety may follow.

The goal of this group is to empower teens who want to regain a sense of control and expand their friendship network. Participants will learn how to be assertive and how to turn to others when they need assistance.



The following topics will be the focus of the sessions:

- Talking back to teasing and bullying
- Counteracting rumors and gossip
- Restoring your reputation
- Turning disagreements into agreements

There are 4 weekly 2 hour sessions

Parent participation at the first and last meeting is required and is encouraged for other sessions. Refreshment will be served, prizes will be awarded.

Cost: \$75/session/participant

The group is designed for youth between 13-17 years of age who are verbal and motivated to learn peaceful strategies for conflict resolution.

Conducted by: Nasrin Erfanian, Ph.D., BCBA-D Psychologist
Nycole Willoughby-Kaulk, USF Psychology Student

Initial screening appointment may be required prior to group participation
Please call our office for more information



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