



Do you know a young man in need of personal guidance, or in need of improving interpersonal social skills?

Be Well Counseling is proud to announce the creation of “**MENtor**”

A new group being offered to adolescent men, between the ages of 13-17.



Be Well Counseling
285 Durham Avenue
Building 6, Suite 2a
South Plainfield, NJ 07080

Tel: 908.548.8533

In 15 weekly sessions...

- Clients will strengthen interpersonal communication techniques for better overall socialization.
- Clients will develop positive stress management techniques via group psychoeducation.
- Clients will have access to a safe environment to talk about any adolescent experience, with the guidance of a licensed counselor.

You might find this group helpful if...

- You have been looking for improvement with overall social skills or functioning.
- You are looking to further educate yourself on the development of common stressors and creation of positive stress management techniques.
- You want to develop healthy life skills to better cope with the difficulty of adolescence.
- You just want to try out therapy in a group setting and see if it's the “right fit.”

For more information about scheduling, or if you have other questions, send inquiries to...

Be Well Counseling @ 908.548.8533

or

Odin.Tangvald@gmail.com

(if sending email, make sure to put “Be Well Counseling MENtor Group” in the subject line.)