

Teens, are you feeling DEPRESSED? DEJECTED? DISTRESSED?

...if the above applies to you, or if you know of someone like this, please read on.

For the first time in Shanghai, we will be holding a support group for **teenagers** experiencing emotional distress. If you're going through a **depression**, if you feel like you are **alone**, well...you're not. This support group will be full of teenagers just like you, who are going through a **difficult time** and have a hard time talking to their friends or parents about it or who could just use some extra support.

Time: Wednesday evenings, 5:15-6:15 p.m., March 7 - April 18 (skipping April 4 due to holiday)

Location: Community Care Center, Jinqiao

Cost: 1250RMB (includes workbook).

*It is possible that the cost may be covered by your insurance.

For further information or to register, contact Carrie Jones at counseling@communitycenter.cn