

Teen Groups

at Phoenix Health

phoenixes
H · E · A · L · T · H

*These
groups
help with*

Self-acceptance

Self-understanding

Self-esteem

Resilience

Connectedness

Belonging

Feeling understood

Worries & anger

Bullying, teasing or being left out

Social & emotional issues

Hurt and sadness

Spectrum issues

Isolation or feeling wierd

Cynicism

Trust & openness

Vulnerability, guilt shame

Being real & more flexible

Shyness

Anxiety & anger

Depression

Feeling/being different

Who can join these groups?

- Groups are voluntary - no one who doesn't want to come has to come to them
- These groups are for young people, girls and boys in secondary school. There are different groups for different ages.
- Young people who want to learn and grow with other young people their age.
- You are matched up to the right age group for you
- Special groups for friends who are having issues can be provided by arrangement.

What are these groups like?

- They are easy, there is no pressure to open up about stuff you don't want to
- We work out a group agreement together at the start of the group about how the group will be confidential, friendly, respectful and deal with differences without being judgey.
- Over time the group guides what we talk about
- We work with avoidance when we have to
- It's like a school yard friendship group hanging out together
- There's no bullying and no one gets left out
- We talk about the issues that are important to you

When are the groups?

Groups are on Tuesdays at 5.30-6.30pm or 6.30-7.30pm

During school terms at Phoenix Health

Who runs the groups?



Jane Maher has run groups for teens, kids and adults for over 20 years. She is a qualified and experienced group therapist, family therapist and mental health nurse. She has worked in adolescent health since 1997 and established a group program for socially isolated young people at The

Centre For Adolescent Health in 1997. She wrote her Psychodrama thesis on this work and called it "Friends are the Best Medicine". She combines acceptance, understanding and gentle guidance with her vitality and enjoyment of running groups.

How to get more info

- Call Phoenix Health : **03 9683 0010**
for a one hour appointment with Jane
Mondays : 10.30 or 11 am
Tuesdays : 5.30, 6, 6.30 or 7pm
- Call Jane : **0419 102 338**
- Email Jane : **evolvingroles@gmail.com**

Fees

- Pre group meetings \$160ph (\$175 after 6pm)
- Group sessions \$95ph
- NDIS by arrangement
- No rebates available

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www.phoenixhealth.com.au

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