



You are not alone!

FREE!

CGH Ways to Wellness

## MENDING THOUGHTS 6-week Teen Support Group

Are you a teen or adolescent struggling with any of the following and looking for a listening ear?

- ✔ Anxiety
- ✔ Depression
- ✔ Loneliness
- ✔ Self-Doubt
- ✔ Emotional Stress

If you are, don't be afraid to ask for help. Please join our **FREE** CGH Mending Thoughts Support Group.

### HOW CAN WE HELP?

This in-person group provides the opportunity for **mutual support from other local youth** who can relate to your feelings, as you chat with someone who is trained in how to deal with the stress you are experiencing. Together you will share your thoughts, vent, and problem-solve in a **safe, supportive environment**, while learning **healthy coping skills and calming strategies** that will help you live your teen years to the fullest.



**Marylu Hicks, MHP**  
Sinnissippi Centers Counselor



The **Mending Thoughts Teen Support Group** is led by Sinnissippi Centers Counselor, **Marylu Hicks, MHP**, and is a **FREE** service provided in partnership with the CGH Health Foundation and Sinnissippi Centers.

**You will receive the dates, time and location of the next open 6-week support group upon registration.**

To register or for more information, contact our Ways to Wellness Coordinator Lakyn Waldschmidt, BS, MHP, at (815) 677-6172 or email her at [Lakyn.Waldschmidt@cghmc.com](mailto:Lakyn.Waldschmidt@cghmc.com)



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