

Integrated Therapy Center

presents

A Teen Group for ages 16 to 18



Would you like to gain more control of your life?
Would you like to learn how to...

- Increase self-esteem
- Learn how to deal with stress
- Alleviate anxiety/depression
 - Improve relationships
 - Increase assertiveness
 - Gain happiness

Time: Mondays—4:00 to 5:00 p.m.
Starting October 25, 2004

Call: 856.787.7150
Susan Niznik ext 243
Gina Siciliano ext 242

“Great changes may not happen right away, but with effort even the difficult may become easy”

—Bill Blackman