



The Snow Psychology Group

WWW.SNOWPSYCH.COM



Teens Managing Emotions & Relationships Group

Where: ONLINE via secure Telehealth during Coronavirus Pandemic

When safe to return to in-person sessions:

The Snow Psychology Group, LLC
6274 Montrose Rd
Rockville, MD 20852

When: 16-week series, Wednesdays from 6 - 7:15 PM

Who: High school girls who would like to learn skills to better manage difficult and intense emotions that can be overwhelming, communicate more effectively with others, and develop healthy relationships that enhance emotional well-being. The group is led by Dr. Natalia Vallejos, an experienced licensed psychologist. Individual intake session required prior to joining the group.

Cost: \$100 per weekly session. May be reimbursed by insurance plans through out-of-network benefits. Credit cards accepted.

What you will gain from participation:

- Increase understanding of your strong emotions
- Coping skills and problem-solving to deal with difficult feelings
- Distinguish between healthy and unhealthy relationships
- Learn how to express feelings and ask for what you want from others
- Mindfulness skills and emotional regulation strategies
- Self-care and self-compassion
- Give and receive feedback and support from peers

To sign up or for more information:

Contact Dr. Natalia Vallejos at (240) 676-4206 x710 or drvallejos@snowpsych.com