

# Teen Girls with Depression & Anxiety Art Therapy Groups

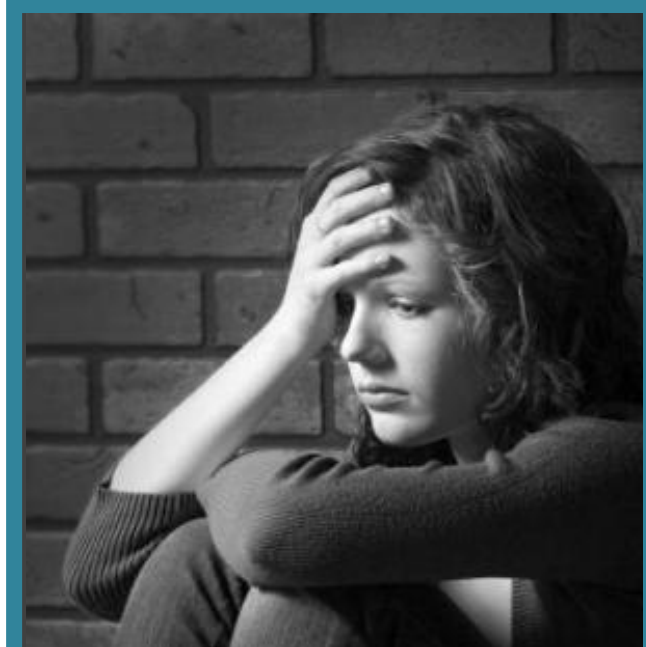
***"I just can't handle all the stress!"***

For adolescent girls, it can be difficult to navigate the turbulent waters of middle and high school life. The pressures our daughters feel include: friends, body image, athletics, teasing/bullying, popularity, academic expectations, overscheduled extracurricular schedules, college competition, sexuality, alcohol and substances, and the development of self-esteem and self-identity.

The stresses of teenage life can be overwhelming, causing adolescent girls to struggle emotionally, lose confidence, struggle with schoolwork, withdraw from friends, or develop depression or anxiety. We're here to help.

## **Program Highlights**

- Groups available for 13-15 & 16-19 year olds
- Small group format of 6 peers
- Weekly sessions for one hour
- Dynamic ongoing group format with rolling admission and individualized graduation
- Girls stay in the group for as long as support is needed (not a time limited seminar format)
- Participants discover a community of peers going through similar experiences
- Teens experience a safe, confidential space away from home to express feelings, worries, and needs.
- Structured art activities (visual communication) and discussion help participants release confusing/strong feelings safely & comfortably, and develop coping strategies
- Success does not require ANY art talent or interest



***Adolescent girls live with constant pressure to achieve in EVERY aspect of their lives...It's too much!***

**Jenna M. Amoroso, MA, ATR**  
**Board Certified Art Psychotherapist**

Jenna Amoroso is a registered art therapist. Jenna specializes in working with children and families coping with a variety of challenges, such as trauma, depression, anxiety, developmental delays, and ADHD. She utilizes a wide variety of art therapy techniques and materials to facilitate clients' self-expression and to help them explore/resolve challenges and inner conflicts. Jenna maintains a special interest in helping adolescent girls improve self-esteem, healthy independence, and social skills. She developed after school programs for Girls Star, Inc., incorporating art making and the use of mandalas in the process of building relationships with and developing a sense of identity in adolescent girls.

## **2 Main Line Locations**

Ardmore Office:  
678 Pont Reading Rd.  
Ardmore, PA 19003

Paoli Office:  
Station Square 2  
Suite 109  
37 N. Valley Rd.  
Paoli, PA 19301

**Contact Jenna**  
**for schedules and fees:**

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