

**Do you know a teen or young adult that may need more support?  
This program may be a good fit for them!**

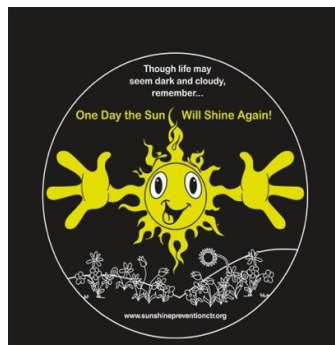


## Teens and Young Adult Support Group

*A facilitated teen and young adult group designed to provide a structured, supportive, safe environment where youth discuss relevant topics while gaining the skills to better cope with life's challenges.*

### **Program Aim:**

- \*Provide support and mentoring
- \*Build positive skills (communication, decision making, and more.)
- \*Help youth handle individual, peer and family challenges



Groups will meet on  
Wednesday nights.

6:00 – 7:00

\$75.00 /month

Discounts available to families in need

*Support groups led by  
Sunshine Mental Health and  
Prevention Staff*

*We know it is tough to get teens or young adults to get help in any way.*

*Sunshine has over 30 years of experience working with children, teens and adults.*

*It is encouraged to come to the initial meeting and leave the rest to us!!!*

*Set up a time to bring in your teen/young adult to learn more about the program,  
meet our staff and see if this program may be a fit. No charge for the initial meeting.*

Contact Dr Carter at 631-476-3099 or [drcarter.sunshinecenter@gmail.com](mailto:drcarter.sunshinecenter@gmail.com)

  
**Sunshine**

**Alternative Education and Prevention Center**

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