

The Cutting EDGE

A Recovery Group for teens who struggle with SELF-INJURY

Highlights of the group include:

- ◆ *Exploring the ins and outs of teen self-injury*
- ◆ *Discovering why you use self-injury to cope with your feelings*
- ◆ *Goal-setting with alternative coping skills that won't leave scars*
- ◆ *Excelling with increased happiness and control over your life!*

Call now to Sign Up!

Groups run for 8 consecutive weeks

Tuesdays 7:30-9:00 pm

Perspectives of Troy Counseling Centers

Contact Group Leader: John Noteware, LMSW

248-244-8644

Perspectivesoftroy.com