



THE ELS FOR AUTISM FOUNDATION™ PROGRAMS & SERVICES

ELS FOR AUTISM *Teen* MENTAL HEALTH COUNSELING GROUP



Els for Autism Foundation is offering a Teen Mental Health Counseling Group, a place where individuals can come together to share stories and experiences about their lives, and discuss common issues such as depressed mood, anxiety, difficulties with social relationships and compulsive thoughts.

The focus of the counseling group is to improve one's self-advocacy, social communication and social skills, coping skills, relationship management and overall quality of life.

Group Facilitators:
Dr. Kimberly Watterson-Rivieccio and
Jennifer Smyth, LMHC



Program Schedule

- Mondays from 6-7 p.m.
- Rolling enrollment
- Virtual Meeting via Telehealth (Zoom)

Who Can Attend?

Teenagers with an autism spectrum disorder diagnosis who are ages 14-17 years of age.

Registration Details

Interested participants will need to schedule a 30 minute intake before beginning the program. All participants must be an Els for Autism Foundation client. Participation in the group will be available on a first come first served basis (up to 10 participants). **Please contact us to inquire about insurance coverage and fees.**

For more information or to apply, contact:
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