

TEENS OF COURAGE

A SAFE SPACE FOR TEENS TO EXPLORE, PROCESS, AND LEARN WAYS TO NAVIGATE LIFE'S CHALLENGES ON A DAILY BASIS. CLIENTS WILL WORK FROM THE INSIDE (THEMSELVES) TO THE OUTSIDE (OUTSIDE FACTORS). THEY WILL UTILIZE CLINICAL AND FAITH BASE RESOURCES TO HELP INCREASE THEIR AWARENESS AND TOOL KITS.

START DATE: MAY 6TH, 2025

GROUP LEADER:

AMARIS AYON
LPC

PHONE:

860-506-5443

EMAIL:

AMARISAYON@COURAGECC.COM



DETAILS

ADDRESS:

1268 MAIN STREET,
NEWINGTON, CT 06111

DAY & TIME:

TUESDAY'S FROM
7:00PM-8:30PM

AGES:

12-17

SUPPLIES:

JOURNAL & NOTEBOOK

MOVIE:

OVERCOMER

SUPPORT FOR:

- ANXIETY
- DEPRESSION
- ANGER
- ADDICTION
- FAITH
- TEEN ISSUES

12 WEEK CURRICULUM/BREAKDOWN:

WEEK 1: DEFINE THE MEANING OF COURAGE FOR A TEEN, WHILE ANSWERING THE QUESTIONS OF: WHO AM I? HOW DO I DEFINE MYSELF?

WEEK 2: WHO IS IN YOUR CORNER? IDENTIFYING THE SUPPORT SYSTEM IN YOUR LIFE.

WEEK 3: WHAT STRESSES YOU? LEARNING ABOUT TRIGGERS AND STRESSORS

WEEK 4: WHAT IS YOUR RESPONSE? LEARNING ABOUT TRIGGER RESPONSES, CBT TRIANGLE, AND WISE MIND VS. EMOTIONAL MIND VS. RATIONAL MIND

INSIDE WORK

WEEK 5: MENTAL HEALTH: DEPRESSION AND ANXIETY; WHAT IS IT AND WHAT DOES IT LOOK LIKE IN TEENSS

WEEK 6: ARE YOU IN YOUR FEELINGS? ANGER HURT, ETC. EXPLORING EMOTIONS AND HOW THEY PLAY A ROLE IN LIFE

WEEK 7: HOW DO YOU TAKE CARE OF YOURSELF? SELF-CARE

WEEK 8: RELATIONSHIPS; "FRIENDS OR FOE"

OUTSIDE WORK

WEEK 9: BULLYING... ARE YOU A PART OF THE SOLUTION OR PROBLEM?

WEEK 10: SOCIAL MEDIA; "CAN I HAVE YOUR SNAP CHAT?"... THE IMPACT IT HAS ON OUR DAY TO DAY, WHAT ARE THE PROS AND CONS TO HAVING SOCIAL MEDIA, AND HOW DOES IT AFFECT OUR LIVES.

WEEK 11: SUBSTANCE ABUSE - WHAT IS IT AND WHY DO YOU DO IT?

WEEK 12: WHAT DO YOU STAND ON? FIRM FOUNDATION