



ONGOING ADOLESCENT SUPPORT GROUP

Every Saturday

2:45pm to 4:00pm

Ongoing

\$60 per group

This is a group for adolescents, ages 14 to 17 years old, who want a safe and supportive place to talk and learn coping skills with others who are going through similar experiences. We will role play scenarios that we can all relate to, as well as see how each of us plays a part in them. We will also learn how to meditate and find ways to calm and relax ourselves.

**For more information, please contact Kim Asher at:
(404) 610-8625 or kimasher@comcast.net**



KIM ASHER, LPC

Kim Asher is a licensed professional counselor treating adolescents and adults in individual and group therapies. She has been licensed since 1999 and has experience working with rape crisis, childhood abuse and trauma, as well as PTSD, anxiety and depression.

Specializing in trauma work, Kim uses an eclectic style of therapy. She has incorporated what she finds to be most helpful from years of training in many types of psychotherapy.

Kim is trained in Brainspotting, EMDR and trauma informed hypnotherapy, which are powerful focused treatment methods that work by identifying, processing and releasing emotional/body pain and trauma.

Kim believes our inner experience is directly related to our external one. Psychotherapy is an excellent way to bring change to both for the better.



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