

**Almaden Valley Counseling
Service**

**Working to promote emotional
well-being**

“SUPPORT GROUPS”

Support Groups can be a positive source of energy for many of us in our daily lives. Participants will explore the changes, thoughts and feelings taking place in their lives. You may tell your story, have your feelings validated and learn how others like you are dealing with similar issues. Participants are asked to respect the confidentiality of the sharing process well as the diversity of human experience. We are glad to have you with us!

**Almaden Valley Counseling
Service**

6529 Crown Blvd, Suite D
San Jose, CA 95120

Phone: 408-997-0200

Fax: 408-997-0711

E-mail: staff@avcounseling.org

For more information and registration forms, visit our website:

www.avcounseling.org



TEENAGE SUPPORT GROUP

- Assist teens to learn they're not alone!
- Educate teens about available help!
- Teach confidential support and caring!

WOMENS SUPPORT GROUP

- Assist women in shifting their roles from wife, mother, daughter
- Educate women about issues arising with Empty Nest Syndrome
- Educate women regarding issues with the Sandwich Generation
- Teach women self care techniques for healthy aging and support

MENS SUPPORT GROUP

- Assist men in shifting their roles from husband, father, son
- Educate men about women and children's issues
- Educate men regarding the impact of traditional male upbringing on their relationships and in guiding their children's development
- Teach men anger management, communication, and conflict-resolution skills

INTEREST LIST— GROUPS FORMING NOW!

Cost: TBD Group Name: _____

Call, email, or send this interest form to:

**AVCS
6529 Crown Blvd., Suite D
San Jose, CA 95120**

Name(s)

Primary Phone

Address

Secondary Phone

City / Zip

E-MAIL _____

Name of parent (if applicable)

Age of Teen

How did You hear about our class?