

**Present. Centered. Connected.**

# TEEN GROUP

Cope with daily and situational stressors

Remain present amidst distractions

Stay centered and focused

Strengthen relationships with peers

Apply the fundamentals of Mindfulness

**Facilitator:** Rich Espinal, Licensed Clinical Professional Counselor

**Location:** 2530 Ridge Avenue, Evanston, IL 60201

**Times:** Saturday 9am (age 13-15), Saturday 10am (age 15-17)

**Contact Rich Espinal at 312-586-8721 or [rich.espinal@onelifethealing.com](mailto:rich.espinal@onelifethealing.com) to inquire about next steps.**

About the facilitator:

Rich Espinal graduated from *The Family Institute* at *Northwestern University*. Rich uses an integrative and dynamic approach as a group facilitator. Rich has facilitated therapeutic, support, multicultural, and affinity groups as a professional counselor and school administrator. Therapeutic groups have included: boys adoption (age 13-15), adhd (ages 5-8, 9-12), teenage boys group (age 13-15), women's anxiety and depression support, varied adult groups focused on emotional regulation, psychodrama, and interpersonal relationships.