

FREE INDIVIDUAL SESSIONS

PARENTS/CAREGIVERS, DO YOU HAVE AN ADOLESCENT IN YOUR LIFE THAT MAY BENEFIT FROM SOME EXTRA ONE-ON-ONE SUPPORT SESSIONS FOR STRESS, ANXIETY OR DEPRESSION?

Starting February 7, 2024, 5 slots will be available for one-on-one sessions with a master's level social work student

WHO: Adolescents ages 10-14 who may be struggling with anxiety, depression or other stress-related concerns

WHAT: 6 to 8 weekly one-on-one support sessions with a master's level intern

WHEN: Wednesdays – 5pm, 6pm or 7pm
Thursdays – 5pm, 6pm or 7pm

[*Ideally, participants will keep the same time slot for the entire 6-8 week period, however adjustments can be made with advance notice.]

WHERE:  Carlisle Family YMCA
311 S. West St.
Carlisle PA 17013

Sessions will be utilized for:

*Your kiddo to share what's on their mind and any challenges they are experiencing

*Setting goals and developing helpful coping skills

Abby Keys is a Clinical Master of Social Work (MSW) student through Ohio University, and has been interning at the Carlisle Family YMCA since February 2023. Abby is working toward a career as a Mental Health Therapist.

In consultation with her Clinical Supervisor, Kelly Vacca, MSSA, LISW-S, LICDC, Abby will provide Individual Support Sessions to identified adolescents ages 10 – 14.

If interested, please contact Abby at akeys@carlislefamilyymca.org.

This activity is not sponsored or endorsed by the Carlisle Area School District.

