

# THE SENIOR(*itis*) CLUB

## A PLACE TO VENT, PROCESS AND PREPARE!

- Designed for college bound high school seniors -

College Decisions? Parent Pressures? Social Life Stressors? Sound Familiar? **Join Us!**

### KEY TAKE-AWAYS FOR YOUR TEEN:

1. You're not alone. We promise!
2. You'll be alright! Learn to cope and manage stress.
3. Your emotions are real! We can help.
4. Get prepared for transitions. New people.  
New Places. New Everything!
5. Just let it out! We believe vent sessions are a must.



### *Meet* AIMEE WEIHER

Aimee's approach is comforting, supportive, and relaxed. She understands that life can be a struggle and the problems you face may seem difficult or overwhelming, so she doesn't want her therapy to be difficult or overwhelming, too. Throwing in a bit of humor, she has found a way to make the healing experience as thought provoking and insightful as it is enjoyable. Aimee wholeheartedly believes that therapy is a great tool to bring out the best in all of us. Or, more specifically, the best in you.

• Anxiety • Depression • Teen Issues & Transitions • Parent Coaching • Healthy Relationships

**Starts Monday October 12th, 2015 6pm to 7:15pm**  
**Ongoing group meets Mondays from 6pm to 7:15pm**

Register Now | \$75 Weekly Session Fee

TherapyWorks Group Room, 336F Village Lane, Los Gatos CA 95030

therapy works  
*changing lives*

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