

FAQ'S

1) When and where will the group take place?

Time:

Every Thursday from 6-7:15pm

Location:

13400 Riverside Dr Suite 318

Sherman Oaks, California 91423

*If the door downstairs is locked enter 0318# in the keypad

2) How much does the Teen Group cost?

The Early Registration fee is \$497 and can be paid by clicking [HERE](#).

The Regular Registration fee is \$597 and can be paid by clicking [HERE](#).

3) What is the dynamic of the group participants?

Participants of the group are mid to high functioning girls who attend private, charter, and public schools. The majority of the girls struggle with performance anxiety, pressure to live up to peer and parent expectations, low self-esteem, relational conflict at school, etc.

Participants in the group are NOT cutters, severely depressed, or suicidal. These are presenting issues that require a more intensive system of care. Furthermore, groups for cutters are highly contraindicated and can lead to contagious behavior.

4) My daughter thinks the group thing is silly and won't give it a try?

This response is most common among girls ages 16-18 who are usually further into to the trap of secrecy and distrust. I always ask the girls, "what is it costing you to hide anxiety, self-doubt, and despair? In the end, is your physical, mental, and emotional health really worth it?" Heck NO!

It may help for us to have an initial meeting, so that we can unpack your daughter's fears and doubts together.

5) I'd like to know what's discussed in group, can I ask about this?

The group discussions are confidential, which is critical to maintaining a safe and open space. There are a couple of occasions when confidentiality will be broken and that's if one of the girls has expressed an intent to harm themselves or to harm others.

6) I have a few more questions!

You can reach me at (818) 284-7088 or by e-mail at tamika@tamikalewis.com.

I typically return calls within 1-2 business days.