

EVERGREEN ADOLESCENT OUTPATIENT GROUP

Teen Track

Mondays & Wednesdays • 5:45pm – 7:15pm

RECOVERY

An Adolescent Group for Teens 13–17

With a Focus on Recovering from Alcohol/Drugs & Abuse/Addiction

Topics will include: education, communication, recreation, peer-pressure, learning how to manage life better, combating boredom, setting limits, working on dreams, how to set and accomplish goals, self-esteem building, learning how to say “No”, and identifying natural highs.



MEDICAL CENTER
www.bergenregional.com

Meetings will be held at:

Bergen Regional Medical Center,
230 East Ridgewood Avenue, Paramus, N.J. 07652.

Please contact Michael at 201-967-4000 extension 4260
for additional information, directions, and admission requirements.