

Support and Education for Adolescents Diagnosed with Bipolar Disorder

Start Date: May 2007
Mondays 3:30 p.m. to 5 p.m.
8 week commitment requested

Group will focus on the challenges of being diagnosed Bipolar with the normalcy of being a teenager, learn about the illness and how to overcome the difficulties and celebrate the wonders, create a social outlet and safe place to talk with other teens, medication compliance, mood regulation, social skills, and school accommodations/expectations.

Group will be ongoing and a waiting list created if response is good.
Any questions please call Stephen at (510) 909-7037, or see my website at www.stephenaltbaum.com

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Group Moderator: Stephen Altbaum MFT