



WELLNESS GRIT

A WEEKLY THERAPY GROUP FOR TEENS (AGES 12 - 17)
WHO EXPERIENCE CHRONIC PAIN

institute for *girls'* development[®]

Wednesdays 5:15pm - 6:15pm

Led by Erin Norton, PSY.D.

Postdoctoral Fellow

Supervised by Melissa Johnson, Ph.D., (PSY13102)

Teens:

Do you know all the ways to manage your pain?

- Wellness Grit is designed to promote self advocacy, hardiness, and mindfulness as you manage health concerns and ongoing pain.
- Connect with others having similar health-related experiences.
- Build skills to manage your pain and increase everyday wellness.
- Navigate stressors unique to your life.
- Learn the impact your mind has on pain.

Parents:

Do you know how to best help your daughter manage her pain?

- Family plays a big role in pain management among adolescents. We can provide practical tools to help you best support your daughter.
- Parent coaching, education, and skill building sessions are available as adjunct therapy.
- Dr. Norton can also provide individual and family therapy for those struggling with pediatric pain.

Call 626-585-8075 ext. 108 to learn more or schedule an intake session.

Empowering girls & women for life * 626-585-8075 ext. 108 * InstituteForGirlsDevelopment.com

Melissa J. Johnson, PhD (PSY 13102)