

## As Montgomery County's Teen Support Center,

our goal at Creative Healing is to be a safe place for your teen to find a connection, support, and skills to feel healthy and happy.



We offer a variety of groups and programs including:

*Teen Talk Therapy Group*

*Teen Talk Girls Group*

*Teen Dialectical Behavior Therapy Group (DBT) for Self-Harming Teens*

*LGBTQ+ Support Group*

*Art Groups and Workshops*

*Yoga Class*

*Winter and Summer Day Camps*

*Individual Counseling*

Help your  
teen get  
support in  
a place that  
was made  
just for  
them.

*Learn more about our groups and services and connect with us at: [creativehealingphilly.com](http://creativehealingphilly.com)*

Facebook:

[www.Facebook.com/katiekmaycreativehealing](http://www.Facebook.com/katiekmaycreativehealing)

## Confident + Coping:

**Help your Teen Manage  
Overwhelming  
Emotions**

*Get the free email course for  
parents at:*

[creativehealingphilly.com](http://creativehealingphilly.com)

### **CREATIVE HEALING TEEN SUPPORT CENTER**

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## 7 Tips for Helping Teens Coping with Bullies

1. Get engaged in an activity that makes you feel confident and do it on the regular.
2. Practice appearing and walking confidently or possibly even to the rhythm of your favorite song.
3. Use humor and identify clever comebacks to use when you're being bullied (if it feels safe to talk back.)
4. Tell a trusted adult what's happening so that they can support you.
5. Put a note with a inspirational quote or positive reminder on your bathroom mirror and read it each morning and night to replace negative bully talk with positive self-talk.
6. Decide on a picture, song, video, or phrase that you can bring into your mind and ground you in difficult moments.
7. Burn Bridges with people who continue to treat you poorly after you stick up for yourself.

7. continued >>>

It can be difficult to let go of situations and people that are unhealthy for you—and there may seem to be some payoffs for keeping these people around, such as:

- Attention
- Having something to do
- Not sitting alone at school



—however these payoffs are unhealthy when they compromise your self-respect

### Burning Bridges means:

- Recognizing how some people and situations are unhealthy and choosing to cut off toxic peers
- Actively seeking out healthy people and behaviors to build a life worth living
- Powering down from social media and blocking peers who are bothering you there too

## Our Top Two Tips for Teen Self-Esteem

### Love Yourself First

We know it's not okay to bully others so why then do we think it's okay to bully ourselves? When we bully ourselves, who will stick up for us? Work on being your biggest cheerleader rather than your biggest bully!

### Know that You're Not Alone

When you feel lonely and left out at school, finding a group that supports you can be the balance you need to feel liked, wanted and safe. Social support is the #1 indicator of overall well-being. Having meaningful connections have been proven to improve symptoms of anxiety and depression and actually contributes to better physical health too!

