

SHAMAR CONNECT TEEN GROUPS



- **MINIMUM 6 TEENS FOR EACH GROUP TO BE OPENED**
- **WEDNESDAYS 16:00 - 17:15**
- **R450 PER TEEN, PER WEEK (1X GROUP SESSION OF 75 MINS)**
- **146 JOCHEM ST, RIETVALLEIRAND, CENTURION, 1683**

Shamar Connect is a psychotherapy group aimed at providing a safe and supportive space to assist teens.

We will help teens to explore difficult and problematic behaviours, as well as patterns of thought and emotion that negatively affects them. Our aim is to see the teens excel in every area of their lives, including their school, family, and relationship contexts. We are confident that these groups will encourage personal growth and the building of resilience.

Email to book your teen: admin@shamarclinic.co.za

TEEN ADDICTION RECOVERY

Recovery Support Group for Teens (ages 12-17)
Parents' support groups are also available

Focused on Recovery from
Addictive behaviours including:
Gaming, Pornography, Substance/Alcohol
Abuse, Self-Harm etc

GROUP DETAILS

Shamar Clinic
Tuesdays 17:30 - 19:00
R450 per week/per group
146 Jochem St, Rietvalleirand,
Centurion, 1683

Email: Steven@shamarclinic.co.za

PRACTICAL
EDUCATIONAL
ENGAGING
SAFE



PROJECT
EXODUS