



Texas Tech Physicians.
PSYCHIATRY

Kids Support Groups

Adolescent Depression Group:

This support group will provide an opportunity to connect with other people who also struggle with depression. Join us and learn how to understand your emotion and thought patterns, manage mood and stress, and build your coping skills toolkit

Time: Monday 6pm-7pm

Adolescent Anxiety Group:

Experiencing irrational or uncontrollable worries? Join us and learn coping skills to help manage and reduce daily stress and symptoms, practice physical, mental, and creative techniques for lowering anxiety at the moment.

Time: Thursday 6pm-7pm

Parenting Class:

We offer parenting services and class, more info please contact pbpsychadmin@ttuhsc.edu

For more information about our groups, please email pbpsychadmin@ttuhsc.edu