



**VOLITION**

**WELLNESS SOLUTIONS**  
Integral Approach to Mastery

# TEEN SUPPORT GROUP



**Dates: Every Tuesday**  
**Time: 7:00 pm to 8:30 pm**  
**Facilitator: Jane Martin, LPC**



We will play games, share deeply, support each other, learn to communicate skillfully, and learn about the world and ourselves.

Based on the needs of the teens, our Volition Wellness professional staff is available to visit the group and teach us. We may invite our nutritionist, our medical doctor, our art therapist, our drug counselor, our acupuncturist/Chinese medicine doctor, our hypnotherapist, or even our massage therapist for lessons.

Occasionally we will come for an extended time and do Breathwork together for deep healing and transpersonal experiences.

*To register, please call us at (609) 688-8300 or email us at [info@volitionwellness.com](mailto:info@volitionwellness.com). Registration is required to attend.*



*Jane Martin, MA, LPC specializes in Child and Transpersonal Psychology. A leader in the Natural Parenting movement in the 1980's and 90's, she has been helping families for many years. She is trained in Imago Couples Counseling, and the Social Pathways (conflict resolution) program for schools. She has been working extensively with teens through Inward Bound Mindfulness Education and ReTribe Transformational Retreats.*