

Strong Roots Counseling in West Newton is pleased to announce an upcoming **four week in-person series** for vaccinated high school students facilitated by adolescent therapist, Ari Comart, LICSW, entitled:

**Looking Back, Looking Forward: A Return to
Normalcy for High School Students**

**Wednesdays from 10:30-11:45 am at Strong Roots Counseling in West
Newton starting July 14th and concluding August 4**

As our communities move closer to post-COVID normalcy, our teens are grappling with new questions. How can I regain what I lost during the pandemic? How can I rekindle social connections, return to hobbies I've drifted from, rebuild my identity as a student, an athlete, a friend? How can I make sense of the strangeness of the past year? How can I adjust to a world that is now, in many ways, permanently changed?

Participants will connect over their experiences of the pandemic, explore the ways it has impacted the typical high school journey, and develop vocabulary to express their feelings on these issues. This series will include concrete problem-solving for the next stage of COVID (school reentry, social reconnection, self-care) and psychoeducation about mental health issues specific to the teen population. It will encourage mutual support among the participants, and will aim to normalize difficult experiences that have left many teens feeling alone and left behind.

*All participants will need to furnish **proof of vaccination** and masks will be worn throughout the series.*

If you have any questions or you wish to register your high school student, reach out via email to our Office Manager, [Patricia Loewy](#), with your name and phone number. To apply, please complete the application [here](#). The total cost for the series is \$200 by check required for registration, and is open to interested high school students in the greater Boston area.