



InSite Health



Is Your Teen Struggling?

LET'S KNECT

CONNECT. NORMALIZE. EMPOWER. COPE. THRIVE.

Where teens connect and resilience begins.

NEW PROGRAM LAUNCH!

KNECT is a supportive, evidenced-based program designed for teens who need more than once-a-week therapy. Through a combination of skills groups, individual and family therapy, and psychiatric support, teens gain the tools they need to manage challenges, strengthen relationships, and build confidence — all while staying connected to school, home, and daily life.

We offer **hope, healing, and empowerment.** *More Than Therapy. Not a Hospital. A Lifeline.*

LAUNCH DATE:

August 4

PROGRAM TIME:

9:30am-12:30pm
Mondays, Tuesdays, and Thursdays

WHO IT IS FOR:

- Teens who are struggling with ongoing sadness, panic, worry or mood swings that disrupt daily life and feels **bigger** than normal ups/downs.
- Teens with a noticeable shift in academics, school avoidance, or frequent absences.
- Teens whose recent behaviors show increased irritability, defiance, and/or risk-taking behaviors affecting home or social relationships.
- Teens who are having difficulty adjusting to grief, social/family changes, or distressing events.

Get Started with a **Free Phone Consultation and Optional Tour** –
Come meet the team and see our space. Please contact:

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MAKE A REFERRAL