The Adolescent Healthy Living Group (AHLG) provides a supportive community of healing for teens 13 years and older, struggling with depression, anxiety and other mood issues, as well as their families.

The AHLG meets once per week for 12 weeks, with a new topic covered each week. Seven sessions are for adolescents only, focusing upon topic-related activities and discussion as well as fostering peer support. Five sessions invite parents and teens to attend together, providing time for large group topic focused discussion, family exercises, as well as teen only and parent only check-in times.

We strongly recommend that new group members join at the start of the 12-week cycle. Upon graduation from AHLG, group members may join the Adolescent Healthy Living Graduate Group, which allows for continued peer support as needed.

Visit our website pinerest.org/teen-healthy for details on topics covered, our Pine Rest group facilitators, and much more.