



STAR VISTA

Helping All Ages and Stages
Through Life's Challenges



TELEHEALTH TEEN GROUPS FORMING NOW “CHILL and CHAT”

Serving teens within San Mateo County

If your teen has been struggling with social isolation due to COVID-19, Star Vista's Counseling Center is offering “Chill and Chat” groups for teens now!

Each group is 1 hour each week. We are offering a group for middle school students (ages 11-13) and a group for high school students (ages 14-17).

We look forward to providing a space where teens can unplug from their day, be themselves and support one another.

Fee is \$5 per session. If you are unable to afford this, free groups available upon request.

MediCAL-HPSM also accepted

Call us today: 650.355.8787

Email: Nancy.Fang@star-vista.org

