



TAC TALK

TEENS OF FIRST RESPONDERS SUPPORT GROUP

A Psychoeducation Peer Support Group for teens of first responders. Teens will be able to learn new skills to improve their mental health and share their personal stories.



Group Topics

- ✓ Safety & Coping Skills
- ✓ Stress & Relaxation Techniques
- ✓ Addressing PTSD Awareness
- ✓ Stigmas and Challenges Faced

Two Groups Available

Online: Once a month, two hours

In-Person: Once a month, two hours

LOCATION: VMR Therapy, Inc.
Bonita and Chula Vista CA

For More Information:

619-636-0909, tactalk@vmrtherapy.com

www.vmrtherapy.com

Cost: \$60 per session

Georgie Knoop, MFT Trainee.

Supervised by Dr. Vanessa Rodriguez, LMFT #51145

As a daughter of law enforcement officers, Georgie has powerful insight on the unique experiences surrounding the needs of teens in first responder families. Georgie is passionate about creating a safe space for teens to feel heard and empowered.

