

# I AM ENOUGH



Battling anxiety and/or depression?  
Looking for connection and less isolation?  
Need help coping with changes in your life?

DePaul Community Resources wants to be there for you. Our new teen therapy group I AM ENOUGH is open now to any teen covered by the DePaul footprint.

Group meetings are hosted virtually on Zoom Tuesdays at 5 p.m. twice a month.

**To refer a teen, visit  
[depaulcr.org/community-based-services-referral-admission/](https://depaulcr.org/community-based-services-referral-admission/)**

