

Middle School Support Group



MPB Group, Inc. designed a group geared towards middle schoolers most challenging topics. Exploration of these topics include: self-esteem, emotion regulation, peer relationships/social skills, and dealing with anxiety stemming from COVID-19.

Meets Mondays @ 5:00

Email group@mpbgroupinc.com (please specify interest in Middle Schoolers Support Group)

All groups are provided via teletherapy. Maryland Medicaid & Carefirst BlueCross/Blue Shield insurance accepted. Cash clients also accepted (Prepaid discounts available).