

## Counseling

Contributed by Admin admin  
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Talk to us about life, pressures, family  
and relationships.

We know that being a teenager has its ups and downs and we know that working and auditioning can add to those pressures. So having a strong group of friends and a support network you can trust is really important to thriving as a young performer and bettering your life.

That's why we're here...to be around during the times when you just need to talk over what's happening in your life. From individual, family, and group counseling for both young performers and their parents and connecting people to resources in the community...to being there through more specific challenges like depression, anxiety, drug and alcohol questions, or body and self-esteem issues. Looking Ahead is there for you.