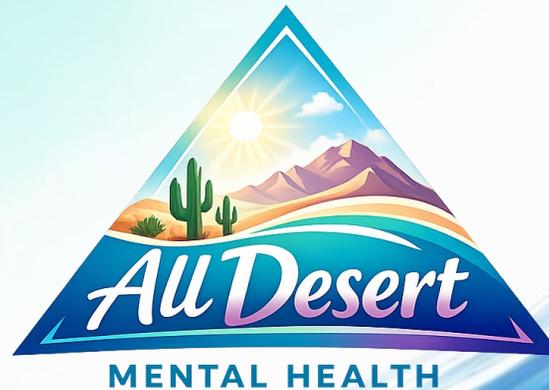


Operation S.A.V.E.
is a weekly
trauma-informed
group for teens which
uses education,
therapy, creative
expression, and
guided interactive
discussion to build
emotional regulation,
resilience, and
self-awareness.



**Empowering you to hope,
grow, and thrive!**

**Every person deserves access to
high quality and affordable
mental health care.**



To receive more information about how
All-Desert Mental Health may be able
to help you, please visit our website:

www.alldesertmentalhealth.org

Or call us at

(760) 797-5151

All-Desert Mental Health
73-726 Alessandro Dr., STE. 203
Palm Desert, CA 92260

“Helping you to help yourself”
ADMH offers a sliding fee scale
(Scholarships may be available)

Operation S.A.V.E. Our Youth



Substance Anger Victim Education

Operating under
All-Desert Wellness Centers
A 501(c)3 non-profit organization
Tax ID #26-4505734

Operation S.A.V.E. is a weekly therapeutic group for at-risk teens ages 13-18 that blends therapy, psychoeducation, creative activities, and peer connection to address trauma, substance use, anger, academic failure, and victimization in a safe, supportive environment.

Anxiety

Anger



Pain

Confusion

We fill a critical gap by providing teens with an accessible, trauma-informed space for emotional growth, creative expression, personal transformation, empowerment, and self-confidence.



Teen Support & Group Therapy

Learn

- Understanding emotions and the brain
- Creative tools for processing trauma
- Skills for anger management and self-regulation
- Building identity, healthy boundaries, empowerment, and resilience
- Consequences of drug and alcohol abuse
- Breaking negative thought patterns around self-injury, suicide, self-image, and more.



Practice

- Mindfulness and grounding
- Art and movement-based self-expression
- CBT tools for emotional regulation
- Role-playing for boundary setting and communication
- Skills to manage anger, shame, and impulsivity.

Program Structure

- Open and ongoing enrollment.
- Lesson plans in rolling 12-week thematic cycles.
- Participants may join at any point, and benefit from full curriculum over time.
- Format blends education, skill-building, experiential therapy, and facilitated discussion.
- Clients have access to supplemental, individual, family, and group therapy.



Reach Out To Begin
Your Journey!

\$35/session or \$120/month
(Sliding scale available)