

Press Release
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Chinua Joi Ivey, MAOM, MA
press@iveymediaagency.com
404-437-2045

Social Concepts Therapeutic Services Rebrands with an Expanded Community-Based Wellness Focus Stressors Workshop for Teens Kicks Off 2023 Events

AUSTELL. Licensed Clinical Social Worker and Certified Anger Management Specialist Annette Hughes' therapy practice is going to new heights as it rebranded with an expanded wellness focus for people of all ages. Helping families and individuals across Metro Atlanta, Social Concepts Therapeutic Services (SCTS) provides cognitive behavioral therapy, solution-focused brief therapy, family systems therapy, and mindfulness-based interventions. SAMHSA's 8 Dimensions of Wellness is the foundation for all therapeutic sessions and events. Mrs. Hughes shares her excitement about what's to come, "A lot has changed over the past three years, but we have so much more to look forward to! For over 13 years, SCTS has offered community members supportive ways to cope with the changes we face. SCTS creates safe spaces for individual, family, and community transformation."



The first event SCTS will host in 2023 is the Coping with Everyday Stressors Workshop on Saturday, March 11th. Designed especially for overachieving high schoolers, this workshop is ideal for teens who struggle with societal pressures for perfectionism in academics, sports, college prep, and more. This engaging workshop will provide a safe outlet for goal-oriented teens to recharge with wellness in mind. Workshop facilitator Kimberlin Hoskins explains, "This workshop teaches self-exploration and personal growth so teens can identify common stressors, develop ways to cope, and live with intention." Tickets include a workbook, breakfast, and lunch. Limited seating is available. Purchase tickets online at socialconceptsga.com/events. All proceeds from this event will be donated to SCTS's sister organization, Social Concepts & Development Services, a nonprofit that provides wellness for the entire community.

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ABOUT SOCIAL CONCEPTS THERAPEUTIC SERVICES (SCTS)

Mrs. Annette Hughes, LCSW champions wellness for youth, individuals, couples, and families. Her mission is to support personal growth toward THE moment of self-awareness. All therapeutic sessions are guided with compassion in a safe and supportive environment. Learn how SCTS provides Wellness for the Entire Community at socialconceptsga.com.