

# Having a tough time?

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## Expect Respect Counselors are here for you.

- Work through relationship problems.
  - Cope with stress in healthy ways.
  - Talk to someone who understands.
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The Expect Respect Program promotes safe and healthy relationships for youth.

We offer counseling (provided by licensed counselors via phone/video) and educational programs for youth throughout Austin and surrounding areas.

All services are free and confidential.

Recommended for teens who could benefit from ...

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Communication skills



Expressing feelings



Increased self-confidence



Healthy coping skills



Skills for safe and healthy relationships



Reduced stress and trauma symptoms



Positive peer group and adult mentor



Increased ability to focus on academics



Personal safety



Social Support

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Contact Agnes Aoki, LCSW  
Expect Respect Counseling Director

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