

Arrowhead Family Systems



Is your adolescent daughter struggling to cope with the pressures of being a teen?

8 Week Program for Ages 13-17

Mondays 6:00 – 7:15 pm

Today's adolescent girls have to face a lot of giants. Without the right tools, these issues can seem overwhelming for both parents and their daughters.

Objective: For struggling girls to be seen and heard within a supportive peer community while being encouraged by professionals who are passionate about educating and equipping young women with useful strategies and tools, **not just to survive, but thrive in their world.**

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| <ul style="list-style-type: none">• Family Relationships• Peer Pressure and Fitting In• Self Esteem/Body Image• Stress and Anxiety | <ul style="list-style-type: none">• Moodiness and Sadness• Drugs/smoking and Alcohol• Sexuality• Social Media and Bullying |
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Group facilitated by Rachel White, M.A., LAMFT
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Please email RachelWhite@arrowheadfamilysystems.com
or visit website www.arrowheadfamilysystems.com for
registration information.

