



Teen Girls Group

*** New Group Starting February 11th ***

10 Week Program for Ages 14-17

Thursdays from 5:00 – 6:30pm

IS YOUR ADOLESCENT DAUGHTER STRUGGLING TO COPE WITH THE PRESSURES OF BEING A TEEN?

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.**

- Family Relationships
- Peer Pressure and Fitting In
- Self Esteem/Body Image
- Stress and Anxiety
- Self-Destructive Behavior

- Moodiness and Sadness
- Drugs/smoking and Alcohol
- Sexuality
- Social Media and Bullying
- Coping Strategies/Emotional Regulation

For details reach out to: info@arrowheadfamilysystems.com