



# Teen Girls Group

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

*\* New Group Starting March 11<sup>th</sup> \**

**10 Week Program for Ages 13-17**

**Wednesdays from 6:30 – 8:00pm**

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.**

- |   |  |
|---|--|
| <ul style="list-style-type: none"><li>• Family Relationships</li><li>• Peer Pressure and Fitting In</li><li>• Self Esteem/Body Image</li><li>• Stress and Anxiety</li><li>• Self-Destructive Behavior</li></ul> | <ul style="list-style-type: none"><li>• Moodiness and Sadness</li><li>• Drugs/smoking and Alcohol</li><li>• Sexuality</li><li>• Social Media and Bullying</li><li>• Coping Strategies/Emotional Regulation</li></ul> |
|---|--|

## Arrowhead Family Systems

Please email [info@arrowheadfamilysystems.com](mailto:info@arrowheadfamilysystems.com)  
or visit website [www.arrowheadfamilysystems.com](http://www.arrowheadfamilysystems.com) for  
registration information.



18301 N. 79<sup>th</sup> Ave. Suite B125, Glendale, AZ 85308