



# Teen Girls Group

For teen 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.

*Hey, let's talk!*

- Peer Pressure & Fitting In
- Self Esteem
- Body Image
- Stress & Anxiety
- Self-Destructive Behavior
- Relationships & Social Skills
- Moodiness & Sadness
- Drugs/Smoking & Alcohol
- Sexuality
- Social Media & Bullying
- Coping Strategies
- Emotional Regulation

**Group Facilitated by Gabby Cavale**

**Email** [info@arrowheadfamilysystems.com](mailto:info@arrowheadfamilysystems.com) **for information or to register.**

**(REGISTER EARLY AS WE KEEP GROUPS SMALL TO CREATE A COMFORTABLE SPACE)**