

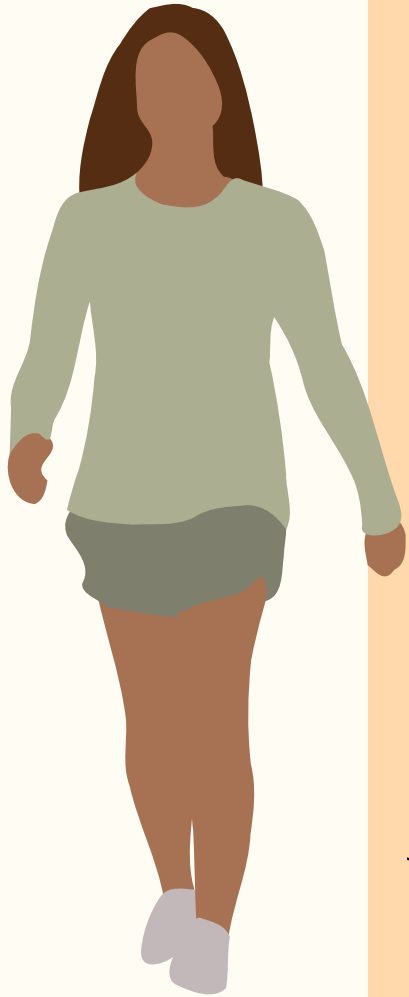
**IS YOUR ADOLESCENT DAUGHTER  
STRUGGLING TO COPE WITH THE PRESSURES  
OF BEING A TEEN?**

- 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

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.

**Group Facilitated by Gabby Cavale**

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



# ***Teen Girls Group***

**FOR AGES 13-17**

**THURSDAYS BEGINNING JANUARY 13TH**

**FROM 5:30 – 6:45PM**

