



# Tween Girls Group

Is your young teen daughter struggling to cope with the pressures of becoming a teen?

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

**10 Week Program for Ages 11-13**

**Wednesdays from 5:00 – 6:15 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.**

- Family Relationships
- Peer Pressure and Fitting In
- Self Esteem/Body Image
- Stress/Anxiety & Moodiness/Sadness

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

## Arrowhead Family Systems

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