



High School Girls' Empowerment Group

A Therapeutic Support Group for Teens

Do you struggle with?

- Depression
- Anxiety
- Problems with self-esteem
 - Stress Management
- Feeling alone/have no one to talk to
 - Family Problems

Would you like to talk with and gain support from other teen girls who are experiencing similar concerns?

This high school girls' group is a safe place to talk with and gain support from other teens. The group offers girls a place to feel empowered by sharing experiences and giving and receiving support from teens.

Group topics include:

- Depression
- Anxiety
- Self-esteem
- Body Image
- Mindfulness
- Coping Skills

For more information, call:
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1292,

or visit [http://tinyurl.com/
cccgirlsgroup](http://tinyurl.com/cccgirlsgroup).

