

# TEEN GIRLS PROCESS GROUP

Youth Services offers a group for high school girls who are looking for a safe and supportive space to navigate the everyday challenges in their lives. Group leaders help facilitate discussions about various topics such as:

SELF-CONFIDENCE • RELATIONSHIPS • ACADEMIC STRESSORS •  
DECISION-MAKING • BODY IMAGE • MOOD MANAGEMENT •  
SELF-CARE • MEDIA MESSAGES • AND MORE!

The group offers participants the opportunity for creative self-exploration and insight into new strategies to cope with stressors.

For more information, contact  
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**Youth Services**  
BRINGING  
KIDS HOPE