

# TEEN GIRL'S SUPPORT GROUP

For Teen Girls Ages 13-18

This is an open group for girls who want to address:

Management of Feelings, Self-Esteem Issues, Relationships, Communication and Social Skills, Self-Discovery, Coping Skills, Handling Expectations and Stress, Exploration of Future Goals and Dreams, Body Image, and Transitions in Life.

Be a part of this fun and interactive group to learn and practice tools and techniques with peers your own age.

Facilitated by:

Hannah Hudson, AMFT

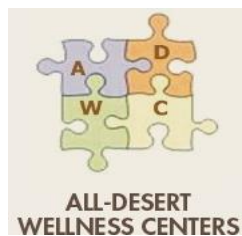
Supervised by Dr. Jamie Kirkpatrick, PsyD, LMFT

To join or for more information contact

Hannah Hudson at (760) 565-2401,

[Hannah.HudsonMFTI@gmail.com](mailto:Hannah.HudsonMFTI@gmail.com)

\*Time and day of group meetings is still undecided.\*



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