high school 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. The group provides participants the opportunity for creative self-exploration and insight into new strategies to cope with stressors. Group leaders help facilitate discussions on topics such as:

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

summer 2024 session

JUNE 11	JULY 2
JUNE 18	JULY 9
JUNE 25	JULY 16

GROUP MEETS ON TUESDAYS FROM 4-5:30PM IN PERSON IN AT YOUTH SERVICES IN GLENVIEW. FOR MORE INFORMATION, PLEASE EMAIL INTAKE@YSGN.ORG OR CALL (847)-724-2620.

BRINGING Youth Services KIDS HOPE