

**THURSDAYS
4 - 5 PM**

**2nd Floor
Conference
Room**

**Advocates, Inc.
354 Waverly St.
Framingham, MA 01702
508-661-2020**

**Group starts
January 25, 2017**

**Group is run by
Aprill Aronie, MA**

Announces
**Weekly On-Going
Girl Talk Group**

This group is designed for adolescent females (ages 14 to 17) who want to engage in learning positive coping mechanisms for anxiety and depression symptoms.

Group allows for members to provide support for one another in a structured environment.

Engages each participant to help one another and themselves through various stressors that occur within the high school dynamic.

Topics include:

Identifying triggers

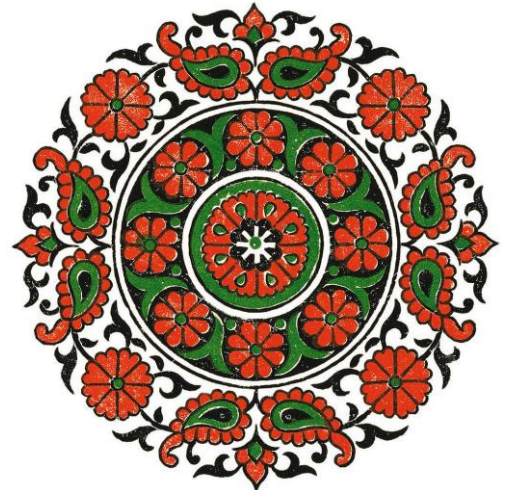
Bringing awareness to patterns

Teaching effective coping skills

Learning effective problem solving

Building positive relationships

Developing health
communication skills



Questions and RSVP

If you are not already a client at Advocates, please call to schedule an intake for services prior to the group at **508-661-2038**.

To register for the group contact Aprill at 508-661-2026.