High School Process Group

A group for high school girls to discuss everyday challenges and connect with peers. 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.

For more Information:

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BRINGING KIDS HOPE™

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