



A Time to Talk: Teen Girls' Process and Support Group

The purpose of this group is to provide a safe and confidential environment where teen girls can process sexual abuse and other intense life events while becoming empowered to make healthy choices.

Topics to be covered:

- Healing from sexual abuse and other trauma
- Healthy dating/romantic relationships
- Friendships and boundaries
- Relationships with parents/step-parents
- Assertiveness
- Self-esteem and self-respect
- Sexuality
- Emotional regulation
- Mindfulness for stress reduction
- Processing feelings through art and writing
- Abuse prevention
- Coping with thoughts of self-harm
- Using technology safely
- Healthy body image

Group Time: Thursdays, 4-5:30 p.m.

Location: ChildSafe, 1148 E. Elizabeth St., Fort Collins, CO 80524

This group is **free of charge** thanks to generous foundation funding.

For more information or to register, call Val Macri-Lind @ (970) 472-4133