



Project Self-Compassion



Are you a teen girl in high school?


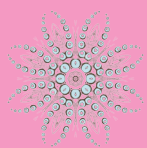
Do you want time to talk with other girls
about the challenges of day-to-day life?

Are you ready to empower yourself?



Do you want to improve your ability to
handle the difficult thoughts, emotions,
and situations in your life?

*Come join us for a skill-building group that will challenge you to
cultivate your inner strength, improve your emotional resiliency
and self-awareness, and learn how to better manage the
relationships in your life.*

Supportive meetings will challenge you to grow through activities and discussion.
Your parents will attend the last session with you.



Spring 2016 Session
Thursdays, 7:00-8:30pm
March 10 - May 12 (no meeting 3/24, 3/31)



*Project Self-Compassion is \$80 per session. Registration is required.
Fee reductions are available based on need. Program is held at TCFS, 1120 Randall Court, Geneva*

www.TriCityFamilyServices.org

630.232.1070