



A New Day-Teen Girls Support Group

Inspirational & Determined

A CBT & NHA Skills Process Group For Teen Girls (14+)

This is an open group that meets weekly. This group is a structured skill based intervention group that meets every Thursday of the month (August to December). It is designed to help youths develop self-awareness, confidence, socially, emotionally and increase self-esteem as they share their thoughts and feelings in a compassionate, nurturing and a safe supportive environment. Teen girls who are interested in talking about their stressors and coping strategies can come together to gain support from other teens while becoming aware that they are never alone.

FOR MORE INFORMATION OR TO ENROLL IN THE PROGRAM

PLEASE EMAIL newdayfamily15@gmail.com

OR CALL OUR OFFICE 610-972-0405



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