



# Teen Girls Group

JOIN A VERA FRENCH LICENSED THERAPIST FOR TOPICS AND ACTIVITIES SURROUNDING HEALTHY COPING SKILLS, SELF-CARE, BUILDING A SUPPORT SYSTEM, AND EXERCISING YOUR MIND!

**Wednesdays**

**September 4th, 2024 - May 21st, 2025**

Ages 13 - 18

4:30 - 6:00 PM

Meal Provided  
at  
Every Session!

Re-registration  
**REQUIRED**  
Call  
(563)-383-1900,  
EXT. 4



852 Middle Road, Suite 101  
Second Floor Group Room