



GIRLS 360° GROUP

An eight-week group for girls, ages 13–17, educating them on a full spectrum of topics that impact a female adolescent's life

BEGINS WEDNESDAY, JUNE 12
110 6TH AVE. S., #100, ST. CLOUD, MN

What does friendship mean to you?
Do you compare yourself to celebrities?
Do you recognize when you are stressed?
Does social media rule your life?
What does dating involve?
Would you like to talk to your parents without an argument?

Adolescent girls, ages 13–17, will find answers to these and many other questions at The Village Family Service Center's Girls 360° Group.

WHO SHOULD ATTEND?

Adolescent girls, ages 13–17, who need help to:

- Increase their self-esteem and social skills
- Understand healthy, safe relationships, both in person and online
- Increase assertiveness
- Build a positive self-image
- Learn about healthy lifestyles
- Understand good decision-making and reasonable risk-taking

WHAT WILL HAPPEN DURING THE GROUP SESSIONS?

Participants will meet two hours per week for eight weeks under the guidance of a Village mental health professional. Women who are leaders in the community serve as guest speakers each week. Other activities include crafts and therapy videos.

DO PARENTS PARTICIPATE?

We ask that parents join us for the first hour of the first session. During the first hour, parents will have an opportunity to meet The Village staff and learn about the course outline. We will also discuss and make plans for emergency or bad weather situations. Food and refreshments will be served at this first meeting.



WHAT DOES IT COST?

Nothing! Thanks to the Central Minnesota Community Foundation Women's Fund, The Village is able to offer this free of charge to adolescent girls in the St. Cloud area.

WHERE AND WHEN DOES THE GROUP MEET?

The group will meet at **The Village Family Service Center** at 110 6th Ave. S., #100, St. Cloud, MN. The group will run on the following dates: **June 12, 19, 26; July 3, 10, 17, 31; August 7 from 10 a.m. to noon.** Note: No class July 24

For more information, call The Village at 320-253-5930.



REGISTER TODAY BY CALLING 320-253-5930