



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.



Winter 2019 Series

Wednesdays, 7:00-8:30 PM

January 23 - February 27

*Project Self-Compassion is \$80 per series. Registration is required.
Fee reductions are available based on need. Program is held at 2570 Foxfield Road, St. Charles*

www.TriCityFamilyServices.org

630.232.1070