

# Teen Survival group

Helping your Child thrive during adolescence



**Who:** Children ages 13-18

**Why:** To help Teens manage the challenges of increased demands at school, fitting in and making friends, peer-pressure, identity questions and balancing independence with safety

**What children will learn from this group:**

- How to assert themselves and set healthy boundaries with peers
- Expressing their feelings and concerns with friends, dating, drugs/alcohol and school
- Self-esteem work. How to feel good about yourself with all the changes around you.
- Learning that is ok to be you!!
- You are not alone, what your feeling is normal

**When:** Thursday evenings 8-9 pm, March 11, 2010

**Where:** 706 Front St., Suite 1, Louisville CO 80027

**Cost:** 6 week class is \$300

**Facilitator:** **Monica Ramunda, MA, LPC, RPT** is a Licensed Professional Counselor and registered play therapist in private practice in Louisville. She is a Marriage and Family therapist, specializing in children and adolescents and a Child and Family Investigator for the courts. She has been working with children and families for over 10 years.

**Please call for additional information regarding group times and location.**

**Call Monica at 720 304-7611.**

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