

### **CREATIVE JOURNALING FOR WOMEN**

Discover the power of creative journaling with others. Journaling is a way of telling your story, exploring your dreams, finding peace, discovering your passions, and nurturing your inner creativity. No creative artistic experience or talent is needed. You do not need to be a good writer or artist to benefit from this group.

**Dates: Tuesdays: June 14, 21, 28, July 5**

**Time: 5pm to 7:00pm**

**Place: Presbyterian Church of Sewickley, 414 Grant Street, Sewickley, PA**

### **FRIENDSHIP/CONNECTIONS GROUP**

Friendship and connection is foundational to how we view ourselves. This group will explore healthy connections and friendships and encourage each participant.

**Dates: Mondays: June 20, 27, July 11, 18**

**10:00 a.m. to 11:30 am Girls ages 11-14**

**Place: Presbyterian Church of Sewickley, 414 Grant Street, Sewickley, PA**

### **TEEN WELLNESS GROUP**

“You’re an Original.” This group will aim to help girls become firmly rooted in their own being and bloom into a person they love and appreciate using various therapeutic techniques and hands on activities to increase self esteem.

**Girls 14-16**

**Dates: Fridays: July 8, 15, 22, 29**

**10:00 a.m. to 11:30 am**

**Girls 11-14**

**Dates: Wednesday’s: June 8, 15, 22, 29**

**6:30 p.m. to 8:30 pm**

**Place: Presbyterian Church of Sewickley, 414 Grant Street, Sewickley, PA**

### **ANGER MANAGEMENT GROUP**

This group will help preteen's and tweens cope with and understand how to manage angry behaviors.

**Dates: Wednesdays: July 13, 20, 27, and August 3**

**Time: 9am to 10am (AGES 8-10)**

**10:30 a.m. to 12 (AGES 11-14)**

**Place: Presbyterian Church of Sewickley, 414 Grant Street, Sewickley, PA**

### **CARING FOR THE CAREGIVER**

Caregiver burnout is a serious condition that can damage your physical and mental health. This group will learn about caregiver burnout, self care and how to get adequate support.

**Dates: Saturdays: August 6, 13, 20th and 27th**

**Time: 9 - 10:30**

**Place: Presbyterian Church of Sewickley, 414 Grant Street, Sewickley, PA**

**Group Cost:** \$40.00 per session, Some Insurance accepted, Sliding Scale Assistance is available.