



Teen Group

*Learning healthy ways to
create inner peace*



Calming the Stormy Seas Within

6363 W. 120th Ave
Suite 200
Broomfield, CO

Starting:
April 14, 2016

Thursdays 7:00-8:15pm

\$45 per session
8 sessions

Could you use help with...

- Feeling overwhelmed by anger, sadness and frustration
- Dealing with changes in life
- Creating and keeping healthy connections with family and friends
- Learning new ways to show how you feel

For youth ages 11-15

- **Small group sessions meeting weekly for 8 weeks**
- **Open discussion, creative expression and a safe place to share experiences and feelings**
- **Learn new helpful techniques for dealing with life's stressors**
- **Making new bonds and sharing experiencing with others**
- **Using art, games and other fun activities to challenge yourself and grow.**

For more information, please visit our websites:

Claire Callahan MA, LPC, RPT
www.innerworkshopcounseling.com

Katie-Beth Whitcomb MA, LPC, RPT
www.wakinglifecounseling.com

**To register, please email
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