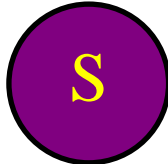
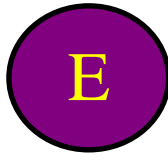
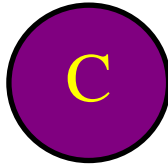
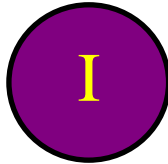
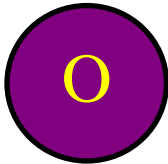
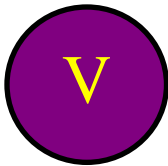


A Program of Self-Discovery and Empowerment for Girls

The Voices program is a therapeutic group for adolescent females ages 14-18. This program uses a strengths based approach, working from a positive perspective, building on girls' personal and cultural strengths and providing opportunities for girls to be successful.

Objectives

The girls in the group will have the opportunity to:



- Explore the unique traits and strengths that make them who they are.
- Express their thoughts, feelings, ideas and VOICE in a safe place.
- Explore their relationships and identify ways to strengthen them.
- Learn strategies for taking good care of themselves physically, mentally, and spiritually.
- Practice strategies for dealing with stress, expressing anger, making good decisions, protecting their bodies and avoiding problems with alcohol and drugs.
- Practice strategies for staying calm and grounded in the face of difficult situations.
- Access the support of other girls and women around them.
- Celebrate who they are.

VOICES, which is being led by Amy Clark, will meet every Thursday from September 17 through November 19, 2009, 5:00-6:30 at HealthPartners Clinic, 5625 Cenex Drive, Inver Grove Heights, MN 55118.

If you are currently being seen in Behavioral Health, please schedule a 30 minute screening prior to September 8th, with Amy Clark, LICSW. New patients need to schedule an intake appointment with Amy Clark. Please call 651-552-1720 for an appointment.

You may want to check with your insurance provider to determine your specific level of coverage/co-payment. There will be a one-time \$15.00 journal/workbook fee due at the first group session.