



G.I.R.L.S. GROUP

**GIRLS IN REAL LIFE SITUATIONS
FOR GIRLS AGES 12-14**

Facilitated by Kaitlin King, LCSW and Karlie Kuckartz, BA

Girls face many challenges in their lives but share the fact that growing up and dealing with school, family, and relationships is difficult.

Join us to address these concerns together! Through cognitive-behavioral therapy, talk therapy, art therapy, group activities, and other trauma-informed therapy activities, girls will come together to share their struggles, gain self-awareness, develop coping skills, and empower one another in a safe space.



United Way
of Monroe County
Uniting People. Improving Lives.

Catholic Charities
Providing Help. Creating Hope. Serving All.

Catholic Charities
803 N. Monroe St.
Bloomington, IN

January 16, 2018-
April 10, 2018

Tuesdays
5:00 pm-6:30 pm

Parents/Guardians
requested to
attend first
meeting

For more
information, call
812-332-1262

Topics include:
friendships,
communication,
managing stress and
developing coping skills,
understanding emotions,
self-esteem, healthy
relationships, and ethical
decision-making.