

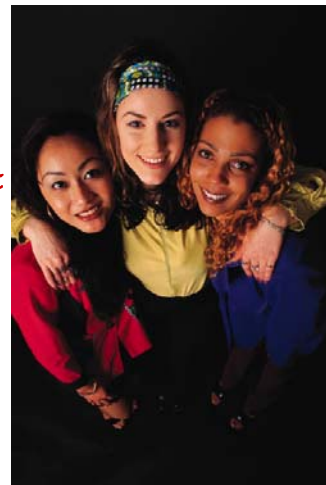
Children's Research Triangle's

Adolescent Girls Empowerment Group

This group is designed to help adolescent girls, ages 13 to 17, overcome the negative effects of traumatic life events by integrating cognitive and behavioral interventions with traditional child abuse therapies. We integrate experiential exercises, including Yoga, to teach controlled breathing and build core strength.

Group objectives include:

- Enhancing interpersonal trust and empowerment
- Increasing self-esteem and mood stability
- Improving self regulation and body awareness



We are recruiting for our next group, beginning in January 2008. Day and time will be determined as the group forms. To find out more information or to reserve a space, please contact Amy Groessel at 312.726-4011 ext. 5670.

This group is FREE OF CHARGE, including CTA fare cards or parking reimbursement at approved parking garages, thanks to generous funding by *The McCormick Tribune Foundation*.