It’s A Girl Thing!
A Group About Life & Love for Teen Girls

Is this group for me?

- Are you a teen girl between the ages of 13-17?
- Have you experienced any difficulties in your past that have led you to do things that worry you or those that care about you? (Ditching school, hurting yourself or others, using drugs/alcohol, having unprotected sex, etc?)
- Do you want a safe, nonjudgmental space to explore what life & love mean to you?
- Have you ever been hurt in a relationship?
- Do you want to connect with other girls who are dealing with similar experiences?

*Any of the above are great reasons to join us!

Stuff we might talk about:

- Why am I so angry? sad? (Feelings)
- Why WOULD I trust anyone? (Betrayal, loss, and learning to trust)
- If this is life…I want nothing to do with it! (Coping with life’s challenges)
- Would everyone just get off my case?!?!? (Dealing with stress)
- O.M.G it’s JUST pot…(Using alcohol and drugs)
- Think of my future?…I don’t even want to think of getting out of bed…(Goals & choices)
- I am too thin, too fat, too tall, too short and why Barbie sucks (Body image & self-worth)
- Sticks and stones can break my bones and names can hurt forever…. (Dating & the impact of words)
- Girl Fights (Bullying & being bullied)
- Gooo….where is this Prince/Princess Charming? (Teaching people how to treat us)
- But he/she said sorry… (Identifying relationship ‘red flags’)
- What’s Love Got to Do with It? (Healthy Relationships)
- Sex in the City…everyone else is doing it (Healthy Sexuality)
- I met them on the internet…why would I know anything about them?…..stop bugging me….I’m busy sexting….. (Dating & Internet safety etc.)
Am I ready for this?

- All girls referred to group will meet with a group facilitator ahead of time to determine needs and goals and make sure that group is right for them now.
- Sometimes people are struggling with mental health, trauma symptoms or drug use to the extent that it prevents them from being safe or sober in a group. If this is the case for you, we can talk about other options to help deal with these issues before joining group. You can also call Front Door at 519-749-2932, www.frontdoormentalhealth.ca or the kidshelpline at 1-800-668-6868 or visit their website at www.kidshelpline.ca for further info and support.

Where & when is it?

Wednesdays 3:30-5:00 PM for 12 weeks starting Mar 4, 2015.
Carizon Family and Community Services
400 Queen Street South
Kitchener, Ont.

It’s free. Assistance with transportation can be provided & munchies are included.

I might be interested…. So what’s next?

- To get more information, sign yourself up, or make a referral on behalf of someone you know, call or email us through F+C+S Treatment Program or Front Door.

Group Inquiries:  or                     Front Door
F+C+S Program Supervisor               Allison Brown
519-576-1329 x3607                      519-749-2932 x 253
SatpReferrals@facswaterloo.org          abrown2@carizon.ca

- Completed Referrals can also be submitted via the web at https://facswaterloo.ontarionow.ca/external-referral/ (community professional link) or self-referral https://facswaterloo.ontarionow.ca/self-referral/.