

Adolescent Group: Self-Care and Coping Skills

YWCA Metropolitan Chicago is hosting an 8-week group for adolescents impacted by sexual violence, ages 15 to 18. This group will be a safe, supportive space where you can join other individuals in:

- Learning effective ways to cope with stressors
- Practicing coping mechanisms to reduce stress
- Creating a self-care plan for future stressors

Members will be empowered to discuss, develop and practice effective coping skills through the use of creative expression.

If you are interested in attending, contact Cinthya Valladares at (630) 580-8325.

All interested individuals must complete an intake.



WHEN:

**Thursdays,
March 28- May 16
6:30-8:00 pm**

WHERE:

**YWCA Metropolitan Chicago
Patterson & McDaniel Family Center
2055 W. Army Trail Rd. Suite 140
Addison, IL 60101**

COST: Free

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