



CHANGES

LIFE SKILLS GROUPS

The Freedom4U Changes Groups support and teach life skills to teens and parents.

The Changes Groups uses evidenced-based material, peer mentors, healthy activities and service learning to guide teens and parents toward healthy coping skills.

The Changes Groups consist of:

- Stress Reduction Skills
- Parent Discussion Group
- Teen Life Skills Discussion Group
- Healthy Activities
- Service Learning

Changes Teen Life Skills Discussion Groups Topics include:

- Relationships with friends
- Dealing with difficult emotions
- Finding your passion
- Communication Skills
- Making a difference in your life
- Coping with stress
- The party scene and what to do about it
- Understanding your strengths
- Having healthy fun
- Improving family relationships

The Changes Group is a weekly group for ten weeks.
There are weekly separate parent and teen 90-minute groups.

Cost: \$60 per week which covers both parent and teen groups.

Financial assistance is available. Freedom4U is seeking donations to make the groups available to all families. All donations are tax-deductible.

Personal individual and family therapy options are also available.

For more info call: 310-897-5043 or email: greg@freedomcommunity.com
Or go to: www.freedomcommunity.com