



GROUPS
2014
Designed for Youth in
Grades 7-12

Girls Circle

By examining cultural expectations in a safe and supportive setting, girls gain greater awareness of their options and strengthen their ability to make choices that are consistent with their values, interests, and talents.

Focus Areas

- . Build self esteem
- . Make connections with peers
- . Counter trends of self doubt
- . Promote healthy self expression through verbal sharing and creative activities

Glenwood

Wednesday	Feb. 12 - March 19	4:00 – 6:00 p.m.
Wednesday	June 11 – July 16	12:00 – 2:00 p.m.
Wednesday	Oct. 8 – Nov. 12	4:00 – 6:00 p.m.

Location: 803 School Street, Glenwood Springs

Cost: Call us at 945-9300

Sign up: Call us at 945-9300

Rifle

Wednesday	Feb. 12 – March 19	4:00 – 6:00 p.m.
Wednesday	June 11 – July 16	12:00 – 2:00 pm
Wednesday	Oct. 8 – Nov. 12	4:00 – 6:00 p.m.

Location: 136 East 12th Street, Rifle

Cost: Call us at 625-3141

Sign up: Call us at 625-3141

Drug and Alcohol Education

By teaching young people to find in themselves the strength that they might otherwise try to gain from chemical substances, it is believed that teens can be taught the consequences of drug-related behavior and the benefits of natural highs.

Focus Areas

- . Gain facts about illegal drugs.
- . Identify the signs of drug abuse.
- . Develop healthy problem-solving techniques.
- . Learn coping skills to improve self-esteem.
- . Understand the legal ramification of drug use.
- . Learn refusal skills to assist in peer pressure situations.
- . Realize the importance of a healthy sense of self.
- . Learn available resources for help.

Glenwood

Wednesday	May 26	9:00 a.m. – 1:00 p.m.
Wednesday	May 21 & 28	4:00 – 6:00 p.m.
Wednesday	July 30	9:00 a.m. – 1:00 pm
Wednesday	Sept. 17 & 24	4:00 – 6:00 p.m.
Monday	Nov. 24	9:00 a.m. – 1:00 p.m.
Tuesday	Dec. 30	9:00 a.m. – 1:00 p.m.

Location: 803 School Street, Glenwood Springs

Cost: Call us at 945-9300

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Rifle

Friday	February 28	9:00 a.m. – 1:00 p.m.
Friday	April 25	9:00 a.m. – 1:00 p.m.
Friday	June 24	9:00 a.m. – 1:00 p.m.
Friday	August 22	9:00 a.m. – 1:00 p.m.
Friday	Dec. 12	9:00 a.m. – 1:00 p.m.
Friday	Nov. 15	9:00 a.m. – 1:00 p.m.

Location: 136 East 12th Street, Rifle

Cost: Call us at 625-3141

Sign up: Call us at 625-3141