

Groups Starting Soon!

# Too Much Drama!

## Navigating the Relational World of Teen Girls

*Gossip, rumors, lies, putdowns, two-faced friends, competition, bullying and peer pressure can be battles teen girls face on a daily basis.*

*Would your teen like to build her confidence while learning research-supported skills for managing teen drama?*



**This Skills-Based Group will give teen girls the tools to:**

- ❖ Recognize a Bully from a Friend
- ❖ Identify and Manage Gossip and Rumors
- ❖ Manage Difficult Feelings Resulting from Peer Conflict
- ❖ Find Support from Others with Similar Experiences
- ❖ Build Self-Esteem and Assertiveness

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