



## PEER SUPPORT GROUP FOR GIRLS WHO: 12 (8<sup>TH</sup> GRADE)- 15 YEARS OLD

---

**DATE: AUGUST 23RD, 30TH, SEPTEMBER 6TH, 20<sup>TH</sup>, & 27<sup>TH</sup>**

**TIME: 5-6:30PM**

**\$15/CLASS**

THE HOPE CONNECTION  
5319 SW WESTGATE DR. ST. 113  
PORTLAND, OR 97223

---

High school can be exciting, nerve-wracking, and everything in between. In this group, we will explore our emotions and thoughts through group activities and connecting with other girls going through similar experiences.

Week 1: Transitions & Fears  
Week 2: Who Am I?  
Week 3: Self-esteem  
Week 4: Choices  
Week 5: Friendships/Relationships

For more information contact:  
Michelle Gelow; [michelle@hopeconnectioncounseling.com](mailto:michelle@hopeconnectioncounseling.com) or  
Nicole Apted; [nicole@hopeconnectioncounseling.com](mailto:nicole@hopeconnectioncounseling.com) .



## PEER SUPPORT GROUP FOR GIRLS AGES: 12 (8<sup>TH</sup> GRADE)- 15 YEARS OLD

---

**DATE: AUGUST 23RD, 30TH, SEPTEMBER 6TH, 20<sup>TH</sup>, & 27<sup>TH</sup>**

**TIME: 5-6:30PM**

**\$15/CLASS**

THE HOPE CONNECTION  
2855 HAYES ST. STE. 201  
NEWBERG, OR 97132

---

High school can be exciting, nerve-wracking, and everything in between. In this group, we will explore our emotions and thoughts through group activities and connecting with other girls going through similar experiences.

Week 1: Transitions & Fears  
Week 2: Who Am I?  
Week 3: Self-esteem  
Week 4: Choices  
Week 5: Friendships/Relationships

For more information contact:  
Michelle Gelow; [michelle@hopeconnectioncounseling.com](mailto:michelle@hopeconnectioncounseling.com) or  
Nicole Apted: [nicole@hopeconnectioncounseling.com](mailto:nicole@hopeconnectioncounseling.com)