

# Sharing Our Voices…

# a Support Group for High School Girls

## An empowerment group just for

### *Teenage Women*

**BENEFITS:** Have a safe place to discuss issues such as…

Everyday stresses Body Image

Friendship dramas Your feelings: hurts, worries

Changing relationship with parents hopes and dreams!

Decisions about your future/college Dating/Setting boundaries

**FACILITATOR:**

**Tim Jordan, M.D.,** Behavioral pediatrician and adolescent specialist, Dr. Tim has worked with middle and high school girls for over 30 years in his counseling practice, weekend retreats and personal growth summer camps called Camp Weloki. He is also the creator of the Strong Girls, Strong World school programs.

**DATES: for Fall semester 2020:**

All group meetings will be held at Dr. Tim Jordan’s office in Chesterfield and meet on **Tuesdays** from **4:30 – 6:00 p.m.** on the following dates:

Sept. 15 and 29, Oct. 13 and 27, Nov. 10 and Dec. 1 and 15

$**60 per week** for 7 weeks with a total commitment of $**420.00.** The **total fee of $420.00 is due when enrolling** regardless of illness, absence, etc. Only a small number of spots are available per group. Many past participants have been able to bill this to health insurance as group therapy with Dr. Jordan. Call Anne for questions and details at 636-530-1883 or email Anne@drtimjordan.com.

**Real quotes from real girls….**

***“This is just what I needed at this point in my life; a safe place to hear feedback, and listen and learn from other girls and Tim.” ~ 17 year old senior***

***“Tim helps us to use our voice and learn our part in the situations we create but in a very nonjudgemental way that makes it safe for us to share.” – 16 year old junior***

***“I learned so much including things like patience, how to stand up for myself and how to cope with problems that are so hard to deal with. ~ 15 year old sophomore***