

“FROM CUTTING TO COURAGE”

Finding courage, confidence and control in healing from Self-mutilation: A therapeutic group for adolescent girls.

About the Group Facilitator

Dr. Monica Padula has extensive experience working with adolescents in foster homes, group homes, family service agencies, mentoring programs and public and private school systems. She has a heart for working with adolescents and desires to help them heal so they may experience happy, hope-filled lives!



The start date will be **Wednesday June 17th, 2009** from **7:00pm-8:00pm**. To sign up and for more details, please call **330-723-7977**.

Week 1: Understanding Self-Mutilation

Week 2: Building Trust in order to Express Feelings

Week 3: Understanding Internal vs. External Stress Factors

Week 4: Learning to like Yourself

Week 5: Creating a Healthy Support System

Week 6: Wrapping up & moving Forward