

Boundaries in Relationships: A Mindfulness Group for Teenage Girls



What this group offers:

- Gaining a strong sense of self and acceptance
- Understanding and doing healthy self-talk
- Developing and maintaining strong, clear boundaries
- Understanding when to say no or yes to friends or dates
- An understanding of a healthy relationships
- An introduction to mindfulness meditation

Who this group is for:

Girls ages 13 to 19 years old seeking better friendships and dating relationships who may have had troubled past relationships or who are just starting to date.

When: Girls 13 to 14: Fridays 4 to 5pm;

Girls 15 and older: Fridays 530 to 630pm;

This is an open and ongoing group people can join anytime.

Where: The Parent-Child Interaction Center and Canopy Counseling, 375 E. Horsetooth Road, Building 3, Suite 101, Fort Collins, CO 80525

Contact: Amy Grauberger MA LPC 970.352.6830 or 970.396.7974; amygrauberger@yahoo.com

Cost: \$35 per group (\$120 if paid for 4 sessions in advance)

While this is an ongoing group, a four-week commitment is required.

About the Facilitator: Amy Grauberger MA LPC is a Mindfulness-based Cognitive Behavior Therapist practicing at Integrus Counseling Associates in Greeley, Colorado. In addition to her training in clinical psychology, Amy has been in recovery from an eating disorder for 14 years and has worked to cultivate her own healthy practices. Her private practice focuses on incorporating mindfulness approaches into emotional recovery and wellness for adolescents and adults.