



THE FOUNTAIN HILL CENTER

For Counseling and Consultation

We provide pathways to healing and transformation, both personal and relational, through diverse and innovative therapeutic, educational, evaluative, and consultative services.

www.fountainhillcenter.org

Giggles & Tears Teen Support Group



Ages 11-14: Tuesdays, Oct 22 – Dec 10, 4-5:30pm

Ages 15-18: Thursdays, Oct 24 – Dec 12, 4-5:30pm

About

Giggles & Tears is a group for teenage girls (age 13 to 18) struggling to navigate the stresses of peer pressure, relationships, body image, and everything in between. **Cost is \$40/participant/session; each session will be an hour and a half. Some insurance accepted upon approval.**

Topics

Self-Esteem: building confidence so you can decide what is best for you

Friendships: how to build strong trusting relationships

Relationships: avoiding abusive or co-dependent relationships

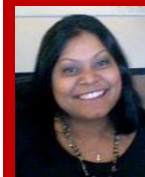
Sex: creating healthy boundaries based on self-respect and your choices

Diet and Nutrition: addressing healthy diet and body image pressures

Drugs: making smart choices; understanding not everybody's doing them

Register

Call (616) 456-1178 to sign up. These sessions will be held at my Eastown office in Grand Rapids. Please call or visit the Fountain Hill Center website for detailed information on parking and directions.



Melissa Langley

The foundation for my practice is built on the principles of Empathy, Awareness,

Encouragement and Empowerment.

Personally, I know what it means to function in a world of adversity and limitations. I have learned to take these negative characteristics and discover light where there was darkness.

I have learned that nurturing a positive perspective creates strength and power in difficult situations. This is something I pass on and empower each of my clients to do when faced with life's choices.