



A safe group for teen girls, ages 13-18, to connect, increase self-esteem,

and learn healthy boundary setting strategies to find potential and explore possibilities…defining who you are on the inside and out…and celebrating what makes you unique. This group will assist you with healthy tools to cope with tough feelings and situations, opportunities to talk about issues and problem solve with your peers. Our groups are led by Masters level therapists

and are offered free of charge to our participants

***Clubs are offered at various locations in Berrien County, including:***

**Well *of* GRACE Ministry Center**

**Mondays**

4:30-5:30 p.m.

January 23 & 30 February 6,13,20,27

**Well *of* GRACE Ministries also offers groups at the following area schools.**

If you attend one of these schools, talk to your school guidance counselor about joining a Club H2O group this Fall.

St. Joseph High School

Upton Middle School

Bridgman High School

F.C. Reed Middle School

Buchanan High School

Benton Harbor High School

Buchanan Middle School

Paw Paw Middle School

Watervliet High School

Watervliet Middle School

Watervliet WAY program

Arts & Communication Academy

*Talk to your school guidance counselor, community leader, or pastor to get a group started at your school, community center or church.*

***You must have parent permission to participate.***