

# S.A.F.E.

## Self Abuse Finally Ends

Ages: 12-15



Self abuse/harm is when someone injures themselves on purpose as a way to cope with uncomfortable feelings.

This group provides strategies to manage feelings, develop healthy coping mechanisms and increase self-esteem and confidence.

**Group 1: Oct 16, 23, 30, Nov 6, 13, 20, 2013**

**Group 2: Feb 5, 12, 19, 26, Mar 5, 12, 2014**

**Group 3: Summer Retreat: Details to follow**

**Fee: \$100**

**7:00-8:30p.m.**

**Please call 519-669-8651 for more information**