



*Do you feel frustrated or disrespected in your relationships?*



**Register Today!**

**Win Prizes!**

# Healthy Relationships Group

The *Healthy Relationships Group (HRG)* is a fun, interactive educational program designed for school-aged youth (12 – 20 years of age). The HRG program focuses on helping youth navigate complicated social issues, such as:

- Bullying
- Personal Relationships
- Peer and Dating Violence
- Substance Use
- Other High Risk Behaviors

HRG operates from the view of the “youth’s voice,” emphasizing the importance of non-controlling, healthy communication practices with peers, friends, and dating partners. The highly-interactive sessions provide an opportunity for youth to practice how to respond to difficult social situations they encounter every day.

This 14-week program consists of fourteen 1-hour sessions featuring skill-based activities that assist youth in making responsible choices and reducing harmful behaviors.



To register for this group, or if you would like more information:

Call or Text: 209.684.1458

Email: [peercounseling@wcyfs.org](mailto:peercounseling@wcyfs.org)