

*Family Options Counseling, LLC*  
**New Directions**  
Group Schedule

New Directions is a trauma-informed group program created for female and non-binary individuals between the ages of 13-19. The New Directions group recognizes that its participants have been dealing with difficult situations in the best ways they know how. The members will learn healthy, more adaptive coping skills, highlighting and expanding upon each of their strengths, while providing them support from one another.

The New Directions group is a 10-week program, and participants should attend all sessions in order to get the full benefit of the group program. Each group session is 90 minutes long. **If a member needs to miss a group session for any reason, please give us 24 hours notice.** We would like to work with you to support our group participants in reaching treatment goals. We will try to follow up with any client who has missed a group session in order to cover the missed curriculum.

The following is a list of session times and dates for the group beginning on **September 18th, 2024**. It is important that the youth arrive on time for these sessions.

**Groups will take place on: Wednesdays from 6:00 P.M. to 7:30 P.M.**

**Groups will take place at:**

Family Options Counseling  
3505 N. 124<sup>th</sup> Street  
Brookfield, WI 53005

**Session 1 – September 18th**

**Session 6 – October 23rd**

**Session 2 – September 25th**

**Session 7 – October 30th**

**Session 3 – October 2nd**

**Session 8 - November 6th**

**Session 4 – October 9th**

**Session 9 - November 13th**

**Session 5 – October 16th**

**Session 10 - November 20th**