

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 **January 15th, 2025**. It is important that the youth arrive on time for these sessions.

Groups will take place on: Wednesdays from 5:30 P.M. to 7:00 P.M.

Groups will take place at:

Family Options Counseling
3505 N. 124th Street
Brookfield, WI 53005

Session 1 – January 15th

Session 6 – February 19th

Session 2 – January 22nd

Session 7 – February 26th

Session 3 – January 29th

Session 8 - March 5th

Session 4 – February 5th

Session 9 - March 12th

Session 5 – February 12th

Session 10 - March 19th