

# POSITIVE CHANGE FOR TEENS



**A process and psychoeducational group focused on increasing positive life changes through goal-setting and improving communication skills.**

- Counselors will work with teens to identify and set goals in a supportive group setting.
- Teens will learn healthy ways to overcome obstacles and to increase coping skills during difficult and stressful times.
- Family involvement may be required.

**WHEN:** SATURDAYS (on-going) from 12:30-2:00 PM

**WHERE:** Mariposa Women & Family Center, Orange 92868

**HOW MUCH:** \$15 per session

**CONTACT (714) 547-6494:** Laura Nguyen (ext. 608) or Mike Kornbluth (ext. 619)



**MARIPOSA WOMEN AND FAMILY CENTER**  
812 W. Town & Country Road, Orange CA 92868  
(714) 547-6494 – Fax (714) 547-9990  
[www.mariposacenter.org](http://www.mariposacenter.org)