

**R.E.F.U.G.E. Services
Presents**



**EAP Group for Adolescents
8-18 years of age**

Through activities with horses, the participants will develop:

- Creativity - learning problem-solving skills**
- Habits - breaking destructive habits and replacing them with healthy ones**
- Attitude – choosing happiness over bitterness and resentment**
- Motivation – accepting personal responsibility for relationships & success**
- Personality – recognizing personal personality strengths and growth areas**
- Impact – taking control of your life and future**
- Openness – learning to share thoughts and feelings while respecting others**
- Negotiation – resolving conflict while managing your anger**
- Self-confidence – overcoming fear of failure and rejection**

The CHAMPIONS group will meet for eight weeks --16 hours of therapy. There are a minimum of 3 groups per year -- Fall, Spring & Summer groups available. Please email us or check the Refuge calendar for the next group dates. The last session is family day, so plan to participate with your child on that day. Thanks to a grant from CH Foundation, tuition for this therapy group is only \$25.

Limited space available, so reserve your child a spot soon.
Only 8 children per group.

For registration please contact:
Patti Mandrell, M.Ed., LPC, EAP III
(806) 790-6664
information@refugeservices.org

Sponsored by:
CH Foundation of Lubbock