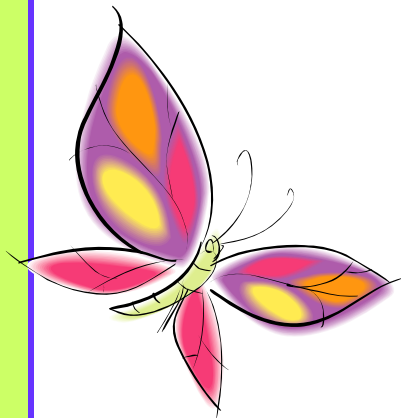


Mission

The Community Health Center is committed to enhancing the quality of life.

We are a leader in providing effective services for compulsive and addictive disorders, health care, life skills, development, prevention, housing, wellness and rehabilitation.



Statement of Purpose

The Community Health Center is a private, not-for-profit, 501(c)(3) corporation. Our purpose is to provide a comprehensive array of treatment, prevention and housing services for addictive and compulsive behaviors and disorders. We have been serving Northeast Ohio since 1974.

COMMUNITY HEALTH CENTER ADOLESCENT TREATMENT

702 East Market Street
Akron, Ohio 44305

Phone: 330-434-4141
Fax: 330-996-5142

www.commhealthcenter.org



The Community Health Center facilities and services are certified by the Joint Commission on Accreditation of Healthcare Organizations.



The Community Health Center is an equal opportunity employer and provider of services.

Community
Health  Center

Focusing On Your Future



Triad Girls Group



702 East Market Street
Akron, Ohio 44305

Phone: 330-434-4141
Fax: 330-996-5142

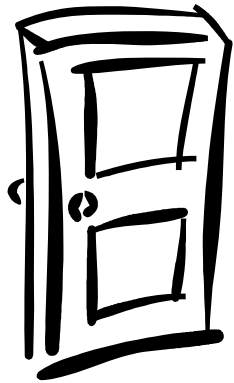
www.commhealthcenter.org

Do you know girls who have faced hard issues such as abuse, emotional issues or substance use?

This group is for girls, ages 13 - 18, who are working to overcome challenges in their lives. We sometimes call these challenges the "Triad" issues. Triad means "three", and these issues are (1) surviving after abuse and trauma; (2) healing from substance abuse problems; and (3) empowerment and personal growth despite emotional problems. The group was developed with the help of girls like you and is an opportunity for us all to learn from each other.

The goals of the group include:

- Maintaining personal safety
- Identifying and cultivating existing strengths
- Reduce trauma related symptoms
- Facilitate abstinence for those who are using substances



Healing begins by taking the first step



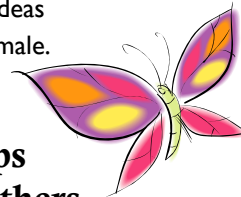
The group is divided into four phases:

Phase 1: Getting Comfortable with Yourself and Others

We will learn how concepts of healing and personal growth, empowerment, and survival apply to girls with Triad issues. We will talk about making choices for personal safety; we will learn how the mind, body and emotions work together; and we will explore ideas about what it means to be a female.

Phase 2: Having Healthy Relationships with Yourself and Others

We will learn skills to use in relating to others and building healthy relationships. We will address issues such as assertiveness, trust and intimacy, boundaries, developing social supports, and family.



Phase 3: Feeling Good

We will learn strategies to control our cravings and urges, develop self-esteem, self-soothing, and acceptance and healing.



Phase 4: Staying Healthy in Stressful World

We will learn how to take the knowledge and skills learned in the group and applying them to the real world. We will talk about problem solving, dealing with violence, grief and loss, crisis management and empowerment, healing and personal growth.

Time and Place

The group meets on Mondays from 4:00 pm until 5:30 pm at 702 East Market Street, Akron, Ohio.

For more information contact:

**Tiffanie Ferguson PCC-S at
330-315-3789.**