



## Sharing Our Voices...

a support group for  
Middle School Girls  
(6<sup>th</sup> -8<sup>th</sup> grades)

*An empowerment group just for  
Teenage Women*

### **BENEFITS:**

Have a safe place to discuss issues such as....

- Setting boundaries
- Everyday stresses
- Body Image
- Friendship dramas
- Your feelings...worries, fears, hurts, hopes and dreams!
- Relationships with parents

### **FACILITATOR:**

**Tim Jordan, M.D.**, Behavioral pediatrician and adolescent specialist, Tim has worked with middle and high school girls for over 20 years in his counseling practice, weekend retreats and personal growth summer camps called Camp Weloki.

### **DATES:**

All group meetings will be held at Dr. Tim Jordan's office in Chesterfield and meet from **4:30 – 6:00 p.m.** on the following six dates:

**Wed. Sept. 23, Wed. Oct. 14 & Thurs. Oct. 29, Wed. Nov. 18, & Wed. Dec. 2 and 16.**

### **COST:**

**\$45 per week** with a total commitment of **\$270.00**. The **total fee of \$270 is due when enrolling** regardless of illness, absence, etc. Only a small number of spots are available per group. Many past participants have been able to bill this to health insurance as group therapy with Dr. Jordan. **Call Anne for questions and details at 636-530-1883 or email [Anne@weloki.com](mailto:Anne@weloki.com).**

*"Tim is so fun and makes me feel safe to talk about whatever is bothering me."  
~ 13 year old*

*"This group was like nothing else I have experienced, even with my closest friends. I highly recommend any girl consider attending. I looked forward our meetings and always learned good stuff." ~ 12 year old*