# Girls Group

The Town of Brookhaven
Youth Bureau
is proud to present
"Girl Talk"
A FREE Support Group for Teen Girls



# Believe In New Beginnings

"GIRL TALK" IS A
SMALL GROUP DISCUSSION

Topics that will be discussed include...

Managing Anxious Thoughts
Healthy Coping Skills
Relaxation & Self-Care Tips
Healthy Dating & Relationships
Self-Esteem & Self-Image
Goal Setting for the Future

### Who can attend?

All Brookhaven Town resident girls ages 13-16.

Please contact the Youth Bureau to sign up or for more information.

Phone: (631) 451-8011

#### Where:

Brookhaven Town Hall Youth Bureau, 2nd floor 1 Independence Hill Farmingville, NY 1173

#### When:

3:30 PM - 4:30 PM

Monday, February 27, 2023 Monday, March 13, 2023 Monday, March 20, 2023 Monday, March 27, 2023 Monday, April 3, 2023 Monday, April 10, 2023



## Edward P. Romaine, Supervisor

Jonathan Komreich, District 1 Jane Bonner, District 2 Vacant, District 3 Michael Loguercio, District 4 Neil Foley, District 5 Daniel J. Panico, District 6

Kevin LaValle, Town Clerk Louis J. Marcoccia, Receiver of Taxes Daniel Losquadro, Superintendent of Highways