

# ADOLESCENT RESILIENCE GROUP

## INSPIRED BY THE BOOK:

### THE BODY KEEPS THE SCORE - TRAUMA IS STORED IN THE BODY

This group is designed for adolescents seeking Christ-centered healing:

- **Regulate** – Light Exercise to calm the body
- **Relate** – Story Sharing & Support
- **Reason** – Cultivate Emotional Intelligence & Social Skills



**Monday, Tuesday, & Thursday**  
Starting September 15th



**Time**  
4:00 PM - 5:00 PM



**Groups Size: 8**  
(Open Enrollment)



**Walk By Faith Counseling's  
2nd Location at The CulTure Gym  
(a Christ centered gym on College Ave.)**  
3375 W College Ave, Appleton, WI 54914



**Cost/Insurance:**  
\$75 per session  
(Some insurances allow billing for groups, please check directly with your insurance regarding group therapy. For a list of insurances we are generally in-network with, please check-out our website.)



**[www.walkbyfaithcounseling.com](http://www.walkbyfaithcounseling.com)**



**920-238-3340 (Option 1)**



Find Empathy, Safety, and Healing

Walk by Faith Counseling