



GIRLS GROUP



Free Support Group for Teens

✕

**The Town of
Brookhaven Presents
“Girls Group”**

**For all Brookhaven
Town Resident Teens
ages 13-16**

✕

Discussion Topics:

- Managing Anxious Thoughts
- Healthy Coping Skills
- Relaxation & Self Care
- Healthy Dating & Relationships
- Self-Esteem & Self-Image
- Goal Setting for the Future
- Stress Management
- Healthy Social Media Habits

✕

Where:

**Brookhaven Town Hall
Youth Bureau, 2nd
Floor 1 Independence
Hill Farmingville, NY
11738**

**Free Raffle and Snacks
Each Week!**

✕

When:

3:30pm - 4:30 pm

Monday 10/16 Monday 11/20
Monday 10/23 Monday 11/27
Monday 10/30 Monday 12/4
Monday 11/6 Monday 12/11
Monday 11/13

Please Contact the Youth Bureau to sign up or for more information

Phone: (631) 451-8011



Edward P. Romaine, Supervisor

Jonathan Kornreich, District 1	Michael Loguercio, District 4
Jane Bonner, District 2	Neil Foley, District 5
Neil Manzella, District 3	Daniel J. Panico, District 6
Kevin LaValle, Town Clerk	
Louis J. Marcoccia, Receiver of Taxes	
Daniel Losquadro, Superintendent of Highways	