



Drop-In Support Group

Mondays | 4-5 p.m.

FREE

Looking for a safe place to talk about the important issues in your life?

Join us for this drop-in support group for middle and high school girls and non-binary youth.

Facilitated by OP therapists. Registration and regular attendance not required.

Middle school youth must have a signed parent consent form prior to first attendance.

Spring 2020 Topic Calendar

March 30 – Conflict Resolution

Conflict with friends, family and others in your life can be overwhelming. We can discuss scenarios you've encountered, and we'll share ways to find resolution through communication.

April 1 – Friendships & Bullying

Hear from others about their experiences with different types of bullying and how they navigated them. We'll share some ways to create and maintain healthy friendships.

April 6 – Family

Understanding the roles of family members and how best to communicate with them isn't always easy. Share some of the ways your family communicates, and learn from others about how other families manage rules and expectations.

April 20 – Romantic Relationships and Sex

Romantic relationships are new, exciting and challenging. We'll discuss boundaries, share what red flags look like, and have the opportunity to discuss any questions you have.

April 27 – What it Means to Be a Girl/Woman in This World

Traditional gender roles are so limiting and can get in the way of being our whole selves. Explore with us what 'being a girl' means to you as we consider how beliefs about gender roles, identity, and expression affect all of us.

May 4 – Self-Esteem & Self Care

Internal and external things and people impact how we feel about ourselves. We'll discuss how to promote self-compassion and self-care and we will engage in affirmation activities during this group. Take the opportunity to share some of the things that shape how you feel about you.

May 11 – Anxiety

Anxiety impacts so many of us. During this group, we can talk about what anxiety means to you during your day-to-days, and we'll share some strategies and activities to help you in an anxious moment and before they happen.

May 18 – Depression

Depression is something so many of us experience at different levels and at different points in our lives. During this group, we'll talk about what you experience during the cycle of depression, and some of the things that can impact and help you manage it.

May 25 – Grief & Loss

Everyone experiences grief, but not everyone experiences it the same way. During this group, we'll discuss how grief can happen for many reasons, like the death of a close loved one, losing a relationship, leaving a town or school, or simply change. We'll talk about ways to cope with grief, and its stages. We encourage attendees to bring a memento that reminds them of their loss, whether it's a picture, a piece of clothing, etc.

June 1 – Gender/Sexual/Romantic Identity

Exploring gender and sexual identity in today's world is more accepted than ever before, and we still have work to do in order for everyone to feel safe to be themselves. This is a safe place to explore what gender and sexual identity means to you and how to begin to communicate your thoughts and feelings about it.

June 8 – Body Image

We're told every day how we "should" look and feel about our bodies. We want to hear from you about some of the messages you hear from media and how social media solidifies those messages. We can also discuss intuitive eating versus dieting, and joyful movement versus exercising.

June 15 – Endings & Beginnings

We experience milestones throughout life, whether it's graduating 8th grade, earning a driver's license, or making new friends. Life's transitions can be challenging, and encompass all kinds of feelings like sadness, being scared, and even being excited. We'll talk about how you cope with change and provide tips to navigate its challenges.

Ophelia's Place
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