



The Crisis Center, inc.

Working Towards a World Without Domestic and Sexual Violence, Through Services, Education, and Empowerment.

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TRY ANOTHER WAY

A TEN WEEK
CURRICULUM-BASED
EDUCATION GROUP TO
HELP YOUNG WOMEN,
AGED 13 -18, MAKE
CRITICAL CHANGES IN
THEIR LIVES.



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WHEN IS GROUP HELD?

The *Try Another Way* group is held at our office at 2251 North Webb Road. (Next to Valentino's and Hunan Chinese Restaurant.)

The **2006-2007** schedule will be:

Mondays from 4:30—5:30
Session 1 Sep 18—Nov 20
Session 2 Jan 15—Mar 19

The **summer** session will be announced at a later date.



WHAT IS **TRY ANOTHER WAY?**

TRY ANOTHER WAY is a safe, structured environment, in which young women can be at ease to open their minds and hearts to other optional lifestyles. The purpose of this program is to teach healing methods to those who have been victimized by their lifestyles and/or society. Understanding that change takes time, this program is not a quick fix. We teach skills to help them become confident, self efficient young women.

The Crisis Center is pleased to offer this group to young women. This program is offered, in response to the needs expressed and identified by various agencies and entities within our four county service area, of *Hall, Hamilton, Howard and Merrick* counties.

WHAT ARE THE TOPICS COVERED?

Topics covered over the ten week program include:

- Identifying educational attitudes and goals
- Separating fact from stereotype, concerning other cultures
- Using effective communication skills
- Healthy relationships
- Sexuality
- Nutrition and fitness
- Identifying how choices today effect our future and other people
- Anger management skills
- Building self-esteem
- Personal spiritual experiences
- Taking on the role of a 20 something, in a simulated real world activity
- And more!

WHAT'S THE NEXT STEP?

The next step, would be a call to

LaDonna
(308) 382-8250.

Individual intakes need to be scheduled and completed prior to beginning group.

Participants must make arrangements to complete intake.

We offer priority placement, to females who are court-ordered to attend the group, on probation, state wards, in a Diversion program, or in the Tracker Reporting Center program. Other young women are accepted on an individual needs basis.

We look forward to working together with the community to meet the specialized needs, of young women in our four county service area.