

Family Options Counseling, LLC
New Directions
Group Schedule

New Directions is a trauma-informed group program created for young women between the ages of 13-19. The New Directions group recognizes that its participants have been dealing with difficult situations in the best ways they know how. The members will learn healthy, more adaptive coping skills, highlighting and expanding upon each of their strengths, while providing them support from one another.

The New Directions group is an 8-week program, and participants should attend all sessions in order to get the full benefit of the group program. Each group session is 90 minutes long. **If a member needs to miss a group session for any reason, please give us 24 hours notice.** We would like to work with you to support our group participants in reaching treatment goals. We will try to follow up with any client who has missed a group session in order to cover the missed curriculum.

The following is a list of session times and dates for the group beginning on **June 25th, 2025**. It is important that the youth arrive on time for these sessions.

Groups will take place on: Wednesdays from 2:00 P.M. to 3:30 P.M.

Groups will take place at:

Family Options Counseling
3505 N. 124th Street
Brookfield, WI 53005

Session 1 – June 25th

Session 5 – July 23rd

Session 2 – July 2nd

Session 6 – July 30th

Session 3 – July 9th

Session 7 - August 6th

Session 4 – July 16th

Session 8 - August 13th
