

Family Options Counseling, LLC
New Directions
Group Schedule

New Directions is a trauma-informed group program, created for females ages 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 focus on fostering healthy relationships, learning more adaptive coping skills, highlighting and expanding upon each of their strengths, while providing them support from one another.

New Directions group will run for 2 rounds this fall, each consisting of 5 sessions. Participants should attend all sessions in Round 1. They may then elect to participate in Round 2 to get the full benefit of the 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 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 this fall. Round 1 begins on **October 1st, 2025**. It is important that the youth arrive on time for these sessions.

Groups will take place on: Wednesdays from 6:00 P.M. to 7:30 P.M.

Groups will take place at:

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

Round 1

Session 1 – October 1st

Session 2 – October 8th

Session 3 – October 15th

Session 4 – October 22nd

Session 5 – October 29th

Round 2

Session 1 – November 12th

Session 2 – November 19th

Session 3 - December 3rd

Session 4 - December 10th

Session 5 - December 17th