

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.

Each round of the New Directions group will run for 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 each round. Round 1 begins on **January 14th, 2026**. It is important that members 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 – January 14th

Session 2 – January 21st

Session 3 – January 28th

Session 4 – February 4th

Session 5 – February 11th

Round 2

Session 1 – February 25th

Session 2 – March 4th

Session 3 - March 11th

Session 4 - March 18th

Session 5 - March 25th