

BETRAYAL & REVENGE **CHOICES** **SEXUAL ASSAULT & VIOLENCE**
DEPRESSION & LONELINESS **EMOTIONAL SUPPORT**
LOVE, SEX & RELATIONSHIPS **CONSEQUENCES** **GUILT & BLAME**
HARSH WORDS **THIRTEEN REASONS** **SPEAKING UP**
DRINKING & DRUG USE **WHY** **SUICIDE & DEATH**
RESOURCES **RESPECT**
PARENTAL INVOLVEMENT **BULLYING & EMOTIONAL ABUSE**
TRUST **HOPELESSNESS**
SOCIAL MEDIA & CYBER-BULLYING **GOSSIP & REPUTATION**

A PROGRAMME EVERY 16+ TEEN MUST ATTEND! TO SHARE & OPENLY DISCUSS. TO GET SUPPORT. TO EMPOWER SELF. TO BUILD RESOURCES

'13 Reasons Why' Teen Empowerment

A 16 week programme for 16-19 year olds

Provides a safe, accepting, non-judgemental space to share, explore, challenge & heal self

Encourages candid & thought provoking discussions on all the themes mentioned above

Promotes openness & change through dialogue & introspection

Empowers, validates & supports

Builds awareness & resources

Advocates family connect & open communication

Includes parental involvement & support

Facilitated by a Psychotherapist, who specialises in working with Children & Adolescents

Programme Information

Orientation for Parents: 1st July, Sat, 9 am - 12 noon

Duration: Runs for 15 Saturdays thereafter, from July to October. Includes weekly Parents + Teen home assignments

Timings: 9 am - 12 noon

Group Size Limit: 4 boys & 4 girls

Cost: Rs. 5000 per month (all materials & taxes included)

T&C: Complete fees to be paid upfront. No refunds in case of absence or termination

Contact: Nisha Rao +91 98452 11345 (10 am to 4 pm)
nisha@lifebangalore.com www.lifebangalore.com