

## Fearlessly You Support Group For Adolescent Girls

This is a weekly support group for girls aged 13 to 16, hosted by family therapist Tracy Kimberg at The Breathing Space, Brewery Square. Discussions will be focused on issues the girls are facing on a daily basis. It's tough being a teenager. This is a safe place for you and your friends to talk about anything, we will discuss topics that matter to you including: How to be more positive, mindfulness, meditation, goals for your future, dealing with conflict, anxiety, bullying, stress, self harming, drugs, LGBT, relationships, eating disorders, depression and family problems.

### Contact

**Telephone** 07928 154054  
**Email** [tracy@re-exist.co.uk](mailto:tracy@re-exist.co.uk)  
**Website** <http://facebook.com/events/s/fearlessly-you-weekly-support-/3242100442471204/?ti=icl>

### Venue

**Venue address** The Breathing Space 10 Copper Street Brewery Square  
Dorchester  
Dorset  
**Postcode** DT1 1GH  
**Locality** West Dorset

### Date/Time

**Opening times** Wed: 16:30-17:30

### Service Details

**Cost variations** £5 per person which includes hot chocolate and biscuits.  
**Additional Information** Please get in touch for further information.  
**Age Range Details** For ages 13 to 16.