



RELATIONSHIPS: NO FILTER



A Group for 8th-10th Grade Students

Helping Teens Build Stronger Relationships and Thrive

Relationships can be one of the biggest challenges in a teen's life. Relationships: No Filter is a safe and supportive group where teens can navigate these challenges while having fun and forming meaningful connections.

Through games, creative art activities, and open conversations, teens will laugh, learn, and grow in a welcoming environment.

Reach out today and join us!



Explore Healthy Relationships

Learn how to create and maintain positive, supportive connections at home, in school, with friends, and in dating relationships.



Develop Effective Communication Skills

Practice expressing your thoughts and feelings clearly, confidently, and with impact.



Master Conflict Management

Gain practical strategies to navigate disagreements and handle relationship challenges with less stress and more ease.



Laugh, Learn, and Grow

Engage in open conversations in a welcoming, judgment-free space. Build meaningful connections with peers, gain fresh insights, and develop essential skills to strengthen your relationships.



EVERY OTHER TUESDAY
4:30PM - 6PM



19750 E Parker Square Dr.
Suites 104-105
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\$50/ group
CO Medicaid, UHC. and
Cigna Accepted



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Join us now! Embrace your journey, unlock your potential, and thrive!

