

# YOU ARE NOT ALONE

**Weekly Virtual Teen Support Group  
Tuesdays, 5:00-6:00pm**

**INVITING  
SUPPORTIVE  
SAFE**

## **Potential Topics**

- **Healthy vs. Unhealthy Relationships**
- **Self-Esteem & Body Image**
- **Violence Prevention**
- **More!**

Email or text for more details



2110 4th AVE NE  
Menomonie, WI 54751

1-800-924-9918



@thebridgetohope

[www.thebridgetohope.org](http://www.thebridgetohope.org)

The Bridge to Hope  
EMAIL: [alyssaf@thebridgetohope.org](mailto:alyssaf@thebridgetohope.org)  
TEXT: 715.505.3640

The Bridge to Hope  
EMAIL: [alyssaf@thebridgetohope.org](mailto:alyssaf@thebridgetohope.org)  
TEXT: 715.505.3640

The Bridge to Hope  
EMAIL: [alyssaf@thebridgetohope.org](mailto:alyssaf@thebridgetohope.org)  
TEXT: 715.505.3640

The Bridge to Hope  
EMAIL: [alyssaf@thebridgetohope.org](mailto:alyssaf@thebridgetohope.org)  
TEXT: 715.505.3640

The Bridge to Hope  
EMAIL: [alyssaf@thebridgetohope.org](mailto:alyssaf@thebridgetohope.org)  
TEXT: 715.505.3640

The Bridge to Hope  
EMAIL: [alyssaf@thebridgetohope.org](mailto:alyssaf@thebridgetohope.org)  
TEXT: 715.505.3640