

# NEW Group! A.C.C.E.P.T.



- A - Awareness over your emotions, behaviors, how they impact you and how they impact others
- C - Challenge yourself to embrace who you are and others for who they are
- C - Courage to be an instrument of change
- E - Empower others to implement change
- P - Persevere in the face of adversity
- T - Triumph in the positive impact you made

We are excited to announce PWFC has a new group for

Teen girls  
ages  
14 – 18 years

on

SATURDAYS  
AT  
12:00 PM

Enrollment is open  
and ongoing

For more information call (703) 656-2116 or email  
[social.strides@pwfc.com](mailto:social.strides@pwfc.com)

To make an appointment call (703) 330-9933