



PALOMÉ NOW OFFERING GROUPS AT

3709 PARKMOOR VILLAGE DRIVE
COLORADO SPRINGS, CO 80917



IT'S ALL ABOUT BEING A TEEN

A dynamic interactive curriculum designed to increase positive self-worth, personal empowerment, self-discipline, empathy, healthy attachments, and resilient-protective behaviors.

Mondays 6:30-8 PM

HOME BASE ADDICTION SUPPORT AND RECOVERY

Formerly 'Base Camp Recovery', Home Base is a drop-in group meant to provide youths, adults, and their loved ones with a safe place to explore addiction, support, resources, and recovery | *Dinner provided*
Tuesday 5:30-7:00 PM



ART THERAPY TEEN GROUP (TIPS)

A group that provides teenagers with an outlet that allows for self-exploration through creative expression | *Light refreshments provided*
Wednesday 6-8 PM

TEEN SURVIVAL SKILLS 101

An educational group meant to exploring mental health skills that build resilience and support well-being in the teenage years. | *Light refreshments provided*
Thursday 6:30-8:00 PM

TRAUMA-INFORMED PARENTING SUPPORTS (TIPS)

A program offering families resources and supports utilizing concepts from the Nurturing Parenting Program, brain development from the 'Whole Brain Child', and Trust-Based Relational Intervention (TBRI) | *Light refreshments provided*
Thursday 6:30PM-8:00PM



CONTACT FOR MORE INFORMATION:

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OR

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HEALING YESTERDAY,
ACCEPTING TODAY,
BUILDING TOMORROW