



TRIA

Our Stories Our Lives

ARE YOU A TEEN TRANSRACIAL, INTERNATIONAL ADOPTEE?

ARE YOU ENTERING 9-12 GRADE?

In collaboration with Watercourse Counseling Center and with the financial support of Headwaters Foundation for Justice & the Bush Foundation, we are excited to announce

TRIA: Our Stories Our Lives.

What is TRIA: Our Stories Our Lives?

- New, 12-week **no-cost therapy group** for teen youth (entering grades 9-12)
- **Led by adoptees!!!** “For us, by us,” assists in creating safety & understanding
- Creates connection and community; discover emerging identities and stories
- Provides therapeutic space that allows participants to be curious with others
- Helps teens expand their emotional health and explore relationships
- Receive guidance toward growth and integration of their experiences

Through creative and activity-based exploration, we hope to discover and highlight issues that teen adoptees grapple with, while empowering them through connection and their own strengths.

The group will be led by TRIA therapists Julie Jong Koch, MSW, LICSW and Jessica Shultz, MA.

When: Weekly on **Wednesdays 6-8pm**, from **JUNE 28- SEPT 13** (12 weeks)

Where: Watercourse Counseling Center, 3548 Bryant Ave S, Minneapolis, MN 55407

** Enrollment is limited to 10 participants, and attendance at all 12 sessions is required. Snacks, refreshments, and all materials are provided. Selection of participants will be based on adoptee self-interest, availability, appropriateness for group setting, and other factors.*

If interested in the group or for more information, contact Julie at:

VM: **612.767.8663**; Email: juliek@watercoursecounseling.org