

SIGNS OF CONCERN:

- A significant drop in grades or attendance, particularly if they normally maintain high grades or low absences.
- Social withdrawal or isolation (an outgoing person becomes shy and withdrawn).
- Sudden changes in appetite.
- Insomnia or increased sleepiness.
- Feelings of sadness, tearful, stressed, or depressed most of the time.
- Use or increased use of alcohol, drug, or other substance.
- Constantly having arguments with family and peers or getting in trouble at school or work.
- Feelings of angry all the time: overly aggressive behavior (such as biting, kicking, throwing things or hitting).
- Experienced a traumatic event: loss of a loved one, sexual, physical or emotional abuse, an unexpected life transition or medical/physical related.
- Attempts or thoughts about hurting oneself or attempted suicide.
- Engaging in risky and unsafe activities (self-harm, unsafe sex, associating with negative peer groups, stealing or constantly lying).
- Systems involvement (i.e., CPS, foster care, adoption, legal, truancy, BRS, ARY, CHINS, etc.) or risk of referral.

These signs may be helpful to you, as well as in your interaction with a friend, student, or relative you think could benefit from support services.



LOCATIONS

We serve individuals, ages 9-35, who reside or attend school within a 20 miles radius of zip codes: 98144 & 98057

South Seattle

2200 Rainier Ave S, Suite 201
Seattle, WA 98144
Corner of Rainier Ave S & Walker Street

Renton (Satellite Site)

901 Rainier Ave N, Suite B201
Seattle, WA 98057
On the main street of Rainier Ave N



SCAN ME

www.yougrowgirl.org

@YouGrowGirl206

You Grow Girl!

Inspiring her pathway towards sustainable success

(206) 417-9904

COUNSELING

Our **expressive arts therapists, peer support specialists, and case managers** work in schools throughout King, Snohomish and Pierce Counties, and also see individuals and families at their homes or in our offices.

We provide outpatient treatment to **individuals who socialize/identify as female, between the ages of 9-35 years old**, who are in need of sustainable skills to live successfully in the community. Most of the individuals we serve are low-income and their services are paid for by Medicaid. We do not currently bill private insurance companies but can offer sliding scale fees and assist with any documentation needed for reimbursement for individuals who need to pay out pocket.

Additionally, we partner with the following managed care organizations to offer **Wraparound with Intensive Services**, also known as **WiSe** to multi-systems involved youth, ages 9-20, and their families needing a team of advocates to support the whole family to move beyond surviving systems.



INTERNSHIPS

We accept year-round applications from aspiring **professional students** seeking to strengthen their social work, healthcare and clinical service skills.



YOUTH MENTORING

Our **peer youth mentors** and **volunteer adult mentors** work closely with high school aged youth to provide pathway: **College Bound, Social Justice Entrepreneurship** or **Career Exploration** mentorship so they can reach their full potential for learning, growth, and emotional stability.

Our skilled peer mentors aid the development of **21st Century Skills** while providing system advocacy, vocational coaching and beyond community experiences to ensure the transition to adulthood reaches and sustains optimal success.

I Am **INSPIRING...** I Am **POWERFUL...** I Am **IRREPLACEABLE...**

GROUPS & WORKSHOPS

Our **psychoeducation, therapeutic, and essential life skill groups** use expressive arts modalities, such as, **art & crafts, role play, music, yoga, dance, poetry and creative writing** to focus on specific life challenges. Groups are offered in schools, community agencies and at our offices.

We find that groups are a great way to learn from each other as well as gain insight through how others cope and interact with their lives.



JOIN THE **SISTERHOOD:**

1. Submit a **referral** for you or someone you feel could benefit from services online, in person or by phone.
2. Submit an **internship application online** to develop your professional skills.
3. Email your **resume and cover letter** to **HR@yougrowgirl.org** to bring your inspirational talents and skills to the Sisterhood.