

Therapeutic Counseling Group facilitated by...
First Position Therapy & Counseling Center, LLC.

Girls Empowerment Group



GROUP FOCUS	GIRLS EMPOWERMENT GROUP will provide your teenage girl with the opportunity to learn about herself. She will focus on <u>self-esteem</u> , <u>confidence building</u> , & <u>body image</u> , all while <u>developing relationships with other teenagers in the group</u> . This group will promote <u>positive self-reflection and relationship skills</u> . If your teenager is struggling with liking herself, seeing the good in herself, or speaking positively about herself, then this is the group for her!
SESSION START (DURATION); LOCATION	Fall 2021 (8 weeks); Saturday's Virtual/ Online Group
TARGET AGE GROUP	Cohort I: Ages 12-13 or Grades 6-8 Cohort II: Ages 14-17 or Grades 9-12
CONTACT	Email: whitneylpc@firstpositiontc.com Website: http://firstpostiontc.com
COST	\$40/ per group session