


TEEN COUNSELING GROUP: Girls Empowerment Group!



GROUP FOCUS	GIRLS EMPOWERMENT GROUP will provide the opportunity to learn about herself. She will focus on self- esteem, confidence building, & body image, all while developing relationships with other teenagers in the group. This group will promote positive self- reflection and relationship skills. 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!
WHEN?	8 weeks; Online Group; July 2022
WHO?	Cohort I: Ages 12-13 Cohort II: Ages 14-17
CONTACT	Email: whitneylpc@firstpositiontc.com Website: http://firstpostiontc.com  @firstpositiontherapycounseling
COST?	\$20/ per group session