

Kind
Girls
Stronger
Futures

BLOOM & BELONG

A Social and Emotional Skills Group for Middle School Girls

BUILDING FRIENDSHIPS, CONFIDENCE, & CONNECTION

A Safe Space to Be You

Join a supportive group where middle school girls can learn, grow, and connect. Together we'll build important social and emotional skills to navigate school, friendships, and life's challenges with greater confidence.



A Welcoming Group for All Girls!

This group is a good fit for girls who are neurodivergent, including those with ADHD and/or Autism, as well as all middle school girls who want support with social and emotional skills.

In This Group, You Will:



Build and maintain healthy friendships



Learn effective communication skills



Develop confidence and self-esteem



Understand and manage emotions



Practice problem-solving and coping strategies



Feel supported and empowered in a positive, judgment-free space



MEETING DAY & TIME

Wednesdays
2:00 – 3:00 PM



FACILITATOR

Dr. Leever
Clinical Psychologist



WHERE

44025 Margarita Rd,
Suite 101
Temecula, CA 92592



COST

\$55 per session
/ or co-pay*

INSURANCE ACCEPTED
Anthem BCBS and Aetna



SCAN ME



How to Join? Go to MindwellGardens.com and Submit an Inquiry

