Mindwell Gardens
COUNSELING AND PSYCHOLOGICAL SERVICES

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. Leevers
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

FRIENDSHIP • CONFIDENCE • KINDNESS • GROWTH • A BRIGHTER TOMORROW