



Girls'

EMPOWERMENT GROUP

Middle School & High School


This group is dedicated to empowering teen girls to realize their full potential through an educational and experiential approach. Participants will enhance decision-making skills, develop effective coping strategies, manage stress, and boost self-esteem.

Wednesdays

Starting
September 4, 2024

3:30-4:30 PM

Adolescent girls will learn how to cope with challenges in a safe and supportive environment, gaining skills to manage the everyday struggles of being a teenager.



This group is ongoing, and teens are welcome to join anytime, depending on availability.

Location:

44025 Margarita Road
Suite 101
Temecula, CA 92592



Check our website for more information



Resilience and Self-assurance

DBT coping skills modules:

Mindfulness, Distress Tolerance, Emotion Regulation, Interpersonal Effectiveness, and Walking the Middle Path

Group Goals:

- Increase ability to make safe and healthy choices
- Improve emotional regulation and reduce stress
- Gain mastery of effective coping strategies to manage negative feelings
- Tackle problems associated with low self-esteem, anxiety, depression, peer pressure, and other challenges
- Increase self-esteem, self-confidence, and the ability to know oneself, be assertive, and overcome a variety of difficult situations
- Learn to tolerate the stress of school and day-to-day life

Interested in joining?

Visit MindwellGardens.com and complete the contact form

Facilitator:

Dr. Leever

Cost:

\$55 per session



Mindwell Gardens
COUNSELING AND PSYCHOLOGICAL SERVICES