

High School Girls'

Process Group

Tuesdays 4:30-6pm

\$100/session

A therapeutic space for reflection, support, and connection

GROUP PURPOSE

This open-ended interpersonal process group is designed for teen girls who would benefit from a supportive space to talk openly, connect with peers, and reflect on their experiences. The group emphasizes guided discussion and emotional processing, supporting insight, connection, and personal growth, rather than structured social skills or curriculum-based instruction.

Common topics include:

- Peer relationships and social dynamics
- Academic pressure and stress
- Identity development and self-esteem
- Communication within friendships and family

QUESTIONS?

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Scan the QR code to contact Meaghan

