

# Adolescent Group Therapy

Open-Ended Group for Middle School Girls  
6 Persons Maximum



## Group Goals:

Increase coping skills, help with identity formation, improve social skills, dealing with peer pressure, cultivate decision making skills, boost self-esteem, stress reduction/relaxation techniques/meditation, & improve communication skills

**Tuesdays 5:00-6:15p**

**2200 PCH Suite 206  
Hermosa Beach, CA  
90254**

**\$50 per group**

Supervised by: Leah M. Niehaus, LCSW

**Facilitated by:  
Meaghan Sliva, MA,  
PPSC, APCC**

**(323) 540-4583**

**[www.MeaghanKSliva.com](http://www.MeaghanKSliva.com)**