Middle School Girls'

OPEN-ENDED PROCESS GROUP

TUESDAYS - 4:30-6PM WEDNESDAYS - 2:30-4PM \$75/SESSION

Group therapy can be a powerful intervention where individuals are given the opportunity to express themselves in a **safe, nonjudgmental environment** and **relate to peers** that share similar experiences.

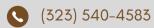






Learn to:

- Build/maintain healthy friendships
- Improve communication skills
- Increase self-esteem
- Identify healthy coping strategies
- Cultivate tools for self-advocacy
- Enhance problem-solving skills
- Develop self-awareness



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