

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**



Facilitated by:
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