



Aurora Counseling and Wellness, LLC GIRLS Circle

This Group is designed to foster self-esteem and self-identity in adolescent young women. Through a series of activities, members are encouraged to explore their potential, embrace their abilities, and understand and accept limitations. The focus is a strength-based approach that empowers independence and individuality, and supports effective communication skills, allowing members to better cope with challenges, interpersonal conflict, and stress.



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This is a 6-week, closed group with a maximum of 6 participants. The cost per 90-minute session is \$50. Please contact me for more information or to enroll your daughter in our next group.