

"Social Hour" for Girls Group



Is your teen...

- Lonely or struggling to make friends?
- Feeling socially awkward or experiencing social anxiety?
- Withdrawn and spending a lot of time in her room?
- Saying "I am so stressed"?

Benefits of Group Therapy for Adolescent Girls:

- Social confidence
- Improved communication skills
- Positive peer influence
- Practice managing strong emotions & moods
- Decrease in anxiety/depression/stress
- Tools for coping with transitions

Some Common Issues Addressed in Group:

- Peer relationships
- Coping skills
- Healthy self-confidence
- Anxiety and stress
- Body image
- School & family issues
- Conflict Resolutions

Group Meeting Schedule

*All meetings are on Saturdays in our Landen office

*Cost is \$90 for the six weeks

*Call our Landen office at 513-398-7171 to schedule

Girls ages 9-12	Girls ages 13-15	Girls ages 16-18
10/12 & 10/26	10/12 & 10/26	10/12 & 10/26
11/2 & 11/16	11/2 & 11/16	11/2 & 11/16
12/7 & 12/14	12/7 & 12/14	12/7 & 12/14
8:30-9:30 am	9:30-10:30 am	10:30-11:30 am

