



GIRLS **EXPRESSIVE** **ARTS GROUP**

March-May, Thursdays from 4pm-5:30pm

This 9-week therapy group will teach *middle school girls* skills to help boost resilience and self-regulation. A pre-screening interview is necessary to join the group. Most private insurances will cover the cost (payment plans available). Call to schedule!

Express Feelings

Improve Mood

Resolve Conflict

**Resist Peer
Pressure**

Control Emotions

**Improve
Communication**

Think Flexibly

Build Resilience



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