



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

Jan-Mar, 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



PTARMIGAN
CONNECTIONS

PTARMIGAN CONNECTIONS

3505 E Meridian Park Lp,
Ste 200
Wasilla, AK, 99654
(907) 357-4400

ptarmiganconnections.com