



# Be Well Counseling

Presents:

## **“It’s A Girl Thing”**: Empowerment and Self-Esteem for Adolescent Girls

Adolescent Girls Group is designed to help girls become all they are meant to be, to believe in themselves, to feel good about the unique person she is, to help them discover their own special gifts. This group’s goals are to increase the participant's ability to make safe and healthy choices, increase self-confidence and self-esteem, and increase appropriate interpersonal interaction.

In weekly group sessions, young girls will learn to:

- Build interpersonal skills
- Set meaningful goals for the future
- Develop a positive sense of self
- Enhance social connections
- Learn tools for managing emotions
- Learn coping skills for managing stress
- Develop skills for building confidence

Self-worth and happiness will be key components of each group. Through activities, games, direct instruction, and conversation, the girls will be aided in developing their whole selves.

**To reserve your place in the group & for more information, please contact:**

**Be Well Counseling:**

**908-548-8533**

**Located at 285 Durham Ave, Suite 2A,  
South Plainfield, NJ 07080**