



BE WELL COUNSELING
PRESENTS:

“IT’S A GIRL THING”: EMPOWERMENT GROUP FOR YOUNG GIRLS

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

Be Well Counseling:
908-548-8533

**ALTERNATING
SATURDAYS
10AM TO 11AM VIA ZOOM**

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, and to help them discover their own special gifts. 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.

EMPOWERING AND ENCOURAGING

BIWEEKLY SESSIONS INCLUDE:

- 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, as girls are aided in developing their whole selves.

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285 Durham Ave, Suite 2A,
South Plainfield, NJ 07080
908-548-8533*

