



MY VOICE: EMPOWERMENT GROUP

FOR GIRL-IDENTIFIED TEENS WHO HAVE COMPLETED
6TH, 7TH AND 8TH GRADE IN SUMMER 2021

THURSDAYS, 4 - 5:30 P.M.
JUNE 24 - AUGUST 12

Email inquiries for individual or small group session of seminar to Sarah.

Group members will discuss communication styles, dating and healthy relationships, cyber safety, body image, wellness, drugs and alcohol, decision-making, and how to stand up for themselves.

This group will meet outdoors or online depending on weather conditions.

SENTIER PSYCHOTHERAPY

670 Cleveland Avenue South • St. Paul, MN 55116

FACILITATED BY **SARAH SOUDER JOHNSON, MEd., LPCC**

CONTACT SJohnson@SentierTherapy.com TO ARRANGE A SCREENING
DETAILS sentiertherapy.com/group-therapy/girl-power-group.html

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wellness for families