



MY VOICE: EMPOWERMENT GROUP

FOR GIRL-IDENTIFIED TEENS WHO HAVE COMPLETED
6TH, 7TH AND 8TH GRADE – SUMMER, 2024

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.

Email inquiries for individual or small group sessions.

SENTIER PSYCHOTHERAPY

670 Cleveland Avenue South • St. Paul, MN 55116

FACILITATED BY **ANDREA SCHROEDER, MS, LPCC**

CONTACT Ellie@SentierTherapy.com TO ARRANGE A SCREENING

DETAILS sentiertherapy.com/group-therapy/girl-power-group.html

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wellness for families