
MY VOICE: EMPOWERMENT GROUP

FOR GIRL-IDENTIFIED TEENS WHO ARE
IN 7TH, 8TH AND 9TH GRADES - FALL, 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.

SENTIER PSYCHOTHERAPY

670 Cleveland Avenue South • St. Paul, MN 55116

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



Sentier
psychotherapy

wellness for families