



Support is just a phone call away.
763-482-9598
www.rumrivercounseling.com

Girls' Empowerment Group

A Therapeutic Support Group for Teens

"Nobody can go back and start a new beginning, but anyone can start today and make a new ending."

-Maria Robinson, writer

- Do you struggle with?
- ◆ Depression
 - ◆ Anxiety
 - ◆ Problems with self-esteem
 - ◆ Stress management
 - ◆ Feeling alone/having no one to talk to
 - ◆ Family problems

Would you like to talk with and gain support from other teens girls who are experiencing similar concerns?



Group facilitator:

Amanda Holmberg, MS LAMFT
Shawn Neel, MS LMFT Supervisor

Amanda has extensive experience and training as a group facilitator. She is passionate about the power of support from group work as a valuable tool in the healing process. She believes that connecting with others that have similar experiences can empower teens to make changes that last.

The girls' empowerment group is a safe place for teen girls who struggle with depression, anxiety, low self-esteem, and feeling as if they have no one to talk to. This group also offers girls a place to feel empowered by sharing experiences and giving and receiving support from others. Each week of group will include a psycho-educational topic, as well as time to gain support from others.

Group topics include:

- ✓ -Depression
- ✓ -Anxiety
- ✓ -Self-esteem
- ✓ -Stress Management
- ✓ -Coping Skills
- ✓ -Mindfulness
- ✓ -Communicating effectively with others

Info & Registration

For registration or more information, please call us at 763-482-9598

You can also visit on the web at: www.rumrivercounseling.com or email Amanda at: amandah@rumrivercounseling.com



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