

Empowered Young Women

- ✧ Use creative & experiential activities to help discuss topics.
- ✧ Increase self-esteem & EMPOWER girls to be the young women they want to be.
- ✧ Address girl bullying, how to prevent it & build healthy friendships.
- ✧ Develop social & communication skills to better express oneself.
- ✧ Build emotional intelligence to better understand self & others, while preparing for adolescence.
- ✧ Identify ways to take care of oneself & manage school, friends, & family.
- ✧ Discover, recognize, & develop STRENGTHS as a woman.
- ✧ Connect with & learn from girls who are dealing with similar experiences.

7225 Manchester, 2nd Floor

Saint Louis, MO 63143

EMPOWERED Therapy, LLC

Specialized Therapy
for Teens, Women, & Parents

Therapy Group for Girls

Girl Talk:
Empowering
Young Women

Self-Esteem

Strength Identification

Emotional Intelligence

Communication & Social Skills

Positive Identity Development

Girl Bullying Prevention

Healthy Relationships

◆ for girls in 6th – 8th grade ◆

Be.

Empowering you to...

Be the change. Be empowered. Be YOU. Be the strength. Be the difference. Be the inspiration. Be the confidence.

Group Topics

Girl Talk

We have a lot in common

Love Story

Falling in love with me

To be or Not to be ME

Building a healthy identity

The Woman in the Mirror

Identifying & building strengths

Sugar & Spice

Healthy emotional development

Survivor

Handling girl bullying

Quieting the Storm

Building communication skills

Superwoman

Identifying personal goals

There's No Place Like Home

Surviving fears

Soul Sisters

Building healthy relationships

Battlefields

Maintaining healthy relationships

Good-bye

Hello World

Welcome!

From the moment you walk in the door, you will feel respected, accepted, & understood.

Without the fear of judgment, you will be able to build skills, set meaningful goals, find new perspectives, & develop a positive sense of self.

At EMPOWERED Therapy, LLC, working with you is what I do best! You will finally feel supported & empowered as you work towards creating the life you have envisioned for yourself.

Joining the Group

New Sessions begin regularly

\$50 per session

(Sliding scale available based on need)

Come in for a **FREE initial consultation** to get all your questions answered and to see if this is the right group for you.

For more information or to schedule your initial consultation:

Call - 314.952.3199

Email - kkcaul@yahoo.com

Kelly Caul, MSW, LCSW

Kelly Caul, MSW, LCSW, founder of Empowered Therapy, LLC, received her Masters of Social Work at the Brown School at Washington University in St. Louis. She is a trained EMDR therapist, with a B.A. in both Psychology and Philosophy-Neuroscience-Psychology, and a minor in Art. Kelly dedicates her career to working with teens, women, and parents; with the underlying belief that individuals can utilize their strength to create the life they wish to live. She is masterful at building rapport with individuals that feel disconnected, disengaged, and hopeless. With her dynamic skill set, she collaborates with clients to work towards self rediscovery, meaningful relationships, recovery from trauma, and successful life transitions. Her dedication extends to the community through programs and workshops that target both positive youth development and social change.

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