

## Empowered Young Women

- ☞ Increase **self-esteem** & **self-awareness** as you become more comfortable in your own skin.
- ☞ Enhance insight and **EMPOWER** yourself to be the woman you want to be.
- ☞ Discuss different ways to survive the pressures and expectations of being a teenage woman today.
- ☞ Discover more ways to **take care** of yourself and deal with stress, anxiety, and depression.
- ☞ Learn about **healthy relationships** – with friends, romantic partners, and even family members.
- ☞ Discover, recognize, and develop your **STRENGTHS** as a woman.
- ☞ Connect and learn from other young women who are dealing with **similar experiences**.

7225 Manchester, 2<sup>nd</sup> Floor

Saint Louis, MO 63143

Therapy Group for Adolescent Girls

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## Quieting the Storm:

Empowering Young Women

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Self-Esteem

Positive Identity Development

Healthy Relationships

Positive & Productive  
Coping Skills

Strength Identification

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For teenage girls ages 13 to 18

Summer Session

## Group Topics

### Girl Talk

We have a lot in common

### Love Story

Falling in love with me

### To be me or Not to be me

Building a healthy identity

### The Woman in the Mirror

Improving body image

### Sugar & Spice

Handling expectations & pressures

### Survivor

Identifying & building strengths

### Quieting the Storm

Developing coping 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

## Schedule & Fees

Mondays from 4:30 to 6:00 p.m.

12 weekly sessions

**Begins June 7, 2010**

(closed group after 2<sup>nd</sup> week)

\*New Sessions begin regularly\*

\$50 per session

### Location

7225 Manchester, 2<sup>nd</sup> Floor

Saint Louis, MO 63143

## Joining the Group

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:

Kelly Caul at 314.952.3199 or

Email: [kkcaul@yahoo.com](mailto:kkcaul@yahoo.com)

### **Kelly Caul, MSW, LCSW**

Kelly is a Licensed Clinical Social Worker and is committed to partnering with individuals as they work towards discovering their inner strength. Through her private practice, Kelly provides therapy for individuals, families, and groups. In addition, she offers interactive workshops and trainings for both youth and adults on a variety of topics. After graduating from Washington University in St. Louis, Kelly completed her training as an EMDR Therapist. Her commitment to the community extends through her volunteer work and her involvement in numerous professional organizations.

314.952.3199

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### **Sarah Coffman, MSW, LCSW**

As a Licensed Clinical Social Worker, Sarah has dedicated her career to counseling women and female youth. She is the founder of Rite of Passage Psychotherapy, a private practice which offers therapeutic services to individuals, groups, and families. A graduate of Washington University in St. Louis, where she also teaches, Sarah maintains an active presence in the community as a private doula and as a member of several professional organizations.

Rite of Passage Psychotherapy

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