

## Empowered Young Women

- ✧ Increase self-esteem and 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 healthier ways to take care of yourself.
- ✧ Learn about healthy relationships – with friends, dating partners, and family members.
- ✧ Discover, recognize, and develop your STRENGTHS as a woman.
- ✧ Connect and learn from other young women who are dealing with similar experiences.
- ✧ You have the power to help create a more positive and supportive world for women.

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

Saint Louis, MO 63143

# EMPOWERED Therapy, LLC

Specialized Therapy  
for Teens, Women, & Parents

Therapy Group for Adolescent Girls

## Quieting the Storm: Empowering Young Women

Self-Esteem

Positive Identity Development

Healthy Relationships

Positive Coping Skills

Strength Identification

◆ for teenage girls ages 14 to 18 ◆



Empowering you to...

## 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

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

## 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

Begins January 23, 2012

Mondays 5:30 to 7:00 p.m.

12 weekly sessions

\*New Sessions Begin Regularly\*

\$50 per session

(Sliding scale available based on need)

Come in for a **FREE initial consultation** 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](mailto: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.

## EMPOWERED Therapy, LLC

314.952.3199

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