

Empowered Young Women

- ☞ Use of creative & experiential activities to help integrate topics.
- ☞ Increase self-esteem & EMPOWER girls to be the young women they want to be.
- ☞ Address girl bullying, how to prevent it & how to 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 & learn from girls who are dealing with similar experiences.

7225 Manchester, 2nd Floor

Saint Louis, MO 63143

Therapy Group for Girls



Self-Esteem

Strength Identification

Emotional Intelligence

Communication & Social Skills

Positive Identity Development

Girl Bullying Prevention

Healthy Relationships

for girls in 6th – 8th grade

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

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

Schedule & Fees

Mondays & Thursdays
from 10:30 a.m. to 12:00 p.m.

18 sessions

Begins June 7, 2010

Ends August 9, 2010

(closed group after 2nd week)

New Sessions begin regularly

\$50 per session

Location

7225 Manchester, 2nd 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

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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