



- Build SELF-ESTEEM and SELF-COMPASSION as you calm your inner critic and become more comfortable in your own skin.
- Become MINDFUL, connect with your INTERNAL WISDOM and EMPOWER yourself to be your most AUTHENTIC YOU.
- Explore new and healthy ways to take care of yourself in light of the pressures and expectations of being a teen in today's world.
- Find your VOICE and learn how to build and maintain healthy relationships.
- Build emotional intelligence to better understand self & others
- Discover, develop, and celebrate your STRENGTHS.
- CONNECT with and learn from others while establishing a compassionate & uplifting peer culture.



Empowering you to...



EMPOWERED
THERAPY, LLC



Therapy Group for Young Women
in High School

Self- Esteem & Self-Compassion

Positive Identity Development

Healthy Coping Skills

Find Your Voice

Healthy Relationships

Connect in a Compassionate Community





Welcome!
From the moment you walk in the door, you will be met with respect, acceptance, and understanding.
We work to build a brave space that will invite you to cultivate self-compassion, embrace your strengths and imperfections, and reconnect with your true Self.

Kelly Caul, MSW, LCSW, SEP



Kelly Caul, MSW, LCSW, SEP, founder of EMPOWERED Therapy & EMPOWERED Spaces received her Masters of Social Work at the Brown School at Washington University in St. Louis. She is trauma-

sensitive therapist trained in SE, IFS and EMDR. Kelly dedicates her career to working with teens, women, and parents; with the underlying belief that all individuals have the inner strength and wisdom needed 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 empowers you to reconnect to your authentic self and live consciously. This is a space that will honor you exactly as you are, while empowering you to befriend your emotions, embrace your worthiness, build meaningful relationships, recover from trauma, and define your happiness.

"The privilege of a lifetime is being who you are."
 - Joseph Campbell

Joining Group

February 6, 2023

2 sections offered

Mondays - 12 weekly sessions

new sessions begin regularly

\$65 per session

Need-based scholarships available

For more information or to schedule your **FREE CONSULTATION** to see if this is the right group for you:

Call **314.952.3199** or
 Email **kkcaul@yahoo.com**

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 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!

Empowered Therapy, LLC

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