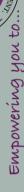
EMPOWERED Women

- Build SELF-ESTEEM and SELF-COMPASSION as you calm your inner critic and become more comfortable in your own skin.
- Address GIRL BULLYING, how to prevent it, cope through it, & build healthy friendships.
- Find your VOICE, develop social & communication skills to better express yourself.
- Build emotional intelligence to better understand self & others, while preparing for adolescence.
- Become MINDFUL, connect with your INTERNAL WISDOM
 & EMPOWER yourself to be the young woman you want to be.
- Identify ways to TAKE CARE of yourself & manage school, friends, & family.
- Discover, develop, & celebrate your STRENGTHS as a woman.
- CONNECT with & learn from girls who are dealing with similar experiences.









discover your VOICE...find your $\ensuremath{\mathsf{POWER}}$

Therapy Group for Middle School Girls

Self- Esteem & Self-Compassion Positive Identity Development Strength Identification Emotional Intelligence Healthy Coping Skills Communication & Social Skills Girl Bullying Prevention





Welcome! From the moment you walk in the door, you will be met with respect, acceptance, and understanding. Without the fear of judgment, you will be able to build selfcompassion, embrace your strengths and imperfections, and reconnect with your true Self.

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



January 28, 2020

Tuesdays - 12 weekly sessions *new sessions begin regularly*

\$60 per session Limited 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!

Kelly Caul, MSW, LCSW



Kelly Caul, MSW, LCSW, founder of EMPOWERED Therapy, LLC, and EMPOWERED Spaces, LLC, received her Masters of Social Work at the Brown School at Washington University in St. Louis. She is both a

trained IFS and EMDR therapist, with a B.A. from Washington University in St. Louis 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 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 your exactly as you are, while empowering you to befriend your emotions, embrace your worthiness, build meaningful relationships, recover from trauma, and define your happiness.

Empowered Therapy, LLC

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