



- 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.



Empowering you to...



EMPOWERED
THERAPY, LLC



discover your VOICE...find your 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 self-
compassion, embrace your
strengths and imperfections, and
reconnect with your true Self.*

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 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

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!

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