



# WOODBIDGE

T H E R A P Y   G R O U P

Presents:

**C.L.I.C.S.**

## An Empowerment Group for Teen Girls

This group is designed to support high school aged girls through a variety of common issues. It helps teen girls connect with others who have gone through similar experiences, learn ways to best navigate the situation, help support others, and provides a space where teen girls can learn that they are not alone in their experience.

### Group Objectives:

- C**reate awareness for the issues facing teen girls
- L**earn coping strategies
- I**mprove positive self-esteem
- C**ommunicate
- S**upport each other



### Some of the topics that will be addressed are:

- Self-esteem
- Anxiety & Depression
- Relationships & Dating
- Friends
- Peer Pressure
- Family
- School
- Gender/Sexuality

**Call (703) 497-1771 to Register!**

Every Other Tuesday at 5:30 pm  
12721 Darby Brooke Court, Suite 102  
Woodbridge, VA 22193