



Girl Group Therapy

Ages 9-12



What to Expect:

- Utilizing coping skills
- Practicing communication skills
- Navigating friendships
- Dealing with bullying
- Building self esteem
- Arts & crafts, journaling, games and more!

Program Dates

Saturdays 12:00-1:15pm

September 12

September 26

October 10

October 24

November 7

November 21



Interested in our program?

Have any questions?

Contact Kara Torres, LPC

ktorres@counseling-apc.com or 708-586-8118

All sessions are held at our Plainfield office.

One-time payment of \$300. No insurance necessary!