

Girl Power

Girls Self-Esteem Therapy Group

FOR GIRLS AGES 12 - 14



Girls experience a decline in self-esteem between the ages of 12 and 13. Given the many challenges these young girls face in their lives, it is clear that preventative measures are necessary.

In this specialized therapy group, our licensed clinicians will work with girls to help them gain strength and support in a positive, safe, and judgement-free environment to deal with issues such as:

Positive Body Image
Emotion Regulation
Healthy Relationships

Communication Skills
Self-Esteem
Stress Management

Please Call for Available Dates

Please call 713.914.0556 for more information.
Assessment required prior to enrollment in group.
Insurance accepted!

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