

# ADOLESCENT GIRL'S THERAPY GROUP

## **THERAPY GROUP —HIGH SCHOOL-- 9<sup>th</sup>-12<sup>th</sup> GRADE GIRLS**

A weekly therapy group for girls who are struggling with issues such as: low esteem, family difficulties, bullying, depression, anxiety, relationship challenges, and making poor choices. The group will provide support, encouragement and a safe place to process difficult experiences, while focusing on making better choices and restoring esteem.

### **THE GOALS OF THE GROUP WILL BE:**

**SKILL BUILDING  
IMPROVED SELF ESTEEM  
BUILDING ASSERTIVENESS SKILLS  
STRENGTHENING SOCIAL SKILLS  
SETTING PERSONAL GOALS  
PERSONAL GROWTH AND EMPOWERMENT**



**\*THIS IS A CLOSED GROUP, WITH APROXIMATELY 5-7 MEMBERS. \*WEEKLY ATTENDANCE IS IMPORTANT\***

**THE GROUP WILL BE FACILITATED BY: LYNN HOYLAND, MA, LMFT**

**An intake will be scheduled prior to the teen attending group, with the parents and teen. Starting date will be determined. Tentative date will be May 2010.**

**\*FEE IS \$50.00 PER SESSION HOUR (8 session commitment with option to renew for second series of 8 sessions) Session time is still to be determined. The group will be 1 hour, with the option of extending the time to 1 ½ hours if group participants decide they would like a longer group time.**

**--THE GROUP WILL BE HELD AT LYNN HOYLAND'S COUNSELING OFFICE -  
11811 North Tatum Blvd.**

**Suite 4040**

**Phoenix, AZ 85028**

**602-953-5542**

**[www.lynnhoyland.com](http://www.lynnhoyland.com)**

**email: [lynn@lynnhoyland.com](mailto:lynn@lynnhoyland.com)**

**PLEASE CALL LYNN AT THE ABOVE NUMBER TO DISCUSS ADDITIONAL DETAILS**