



**Summer
Group**

EMPOWERMENT Teen Girls Group

We are looking for girls, ages 12-17, to join a group which provides support around positive thinking, healthy emotions, and developing a secure self-identity. This group will discuss topics and build skills around relationships, self-esteem, communication, and increasing resiliency.

Group will be held on Wednesdays at 3pm at Mound Westonka High School. The group will start on June 12th and end on August 7th. Prior to the start of group, each member will do an initial session with the group facilitators to gather background information.

This group is billable to insurance.

If you are interested in joining or need additional information, please contact:

Ashley Teigland, MA, LMFT
ateigland@relatemn.org or 952-491-8250

Or

Kristy Smith, MA, LMFT
ksmith@relatemn.org or 952-491-8396

