

Teen Talking Circles

A Teenage Girls' Support and Process Group

High school girls meet weekly **Wednesdays**

To Register Call: 678-705-8279

Space is limited



***Imagine** being part of a circle, a safe space where you can tell the truth without fear of judgment, criticism, or rejection. A place where your heart softens and you feel accepted and accepting. A place where you feel free to share your feelings, work through conflicts, and experience that you are not alone. [Therapeutic Associates, LLC](#) is pleased to offer such a place with the introduction of “Teen Talking Circles,” an experiential, therapeutic support group for teen girls. This group is intended to guide teen girls in their journey of self-exploration, help them explore who they want to become, and help them find their voice in society. Teen Talking Circles are designed to give young women an opportunity to strengthen their self-esteem, and feelings of self-worth, stay true to themselves, act on their values, make wise, resilient, and healthy choices, create new definitions of beauty, respect and appreciate their bodies, listen to their intuition, voice their thoughts and opinions responsibly, and practice speaking and listening from their hearts and standing up for what they feel, think, see and know. Through art therapy, psycho drama, and therapeutic discussions, the group will encourage members to explore and process current life stressors, interpersonal relationships, develop healthy coping skills, and increase self confidence.*

- ❖ Increase self-esteem
- ❖ Explore self-identity
- ❖ Gain positive coping skills for dealing with teenage hardships
- ❖ Discuss issues with peers
- ❖ Practice interpersonal skills
- ❖ And receive support to make more positive choices

Group Facilitated by:

Amanda Dellinger, Associate Professional Counselor & Play Therapist

Teresa Harris, Associate Professional Counselor & Art Therapist

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