

## TWEEN GIRLS GROUP

Group Therapy for ages **10 - 13**

Group will meet **IN PERSON**, every other week  
on **MONDAY** or **WEDNESDAY** at **5pm**



- Does your daughter struggle with the many choices, both positive and negative, that influence teens nowadays?
- Could she use help negotiating the increasingly complex relationships with friends and dating that occurs in the teen years?
- Have there been changes in how your teen daughter relates to you and other family members, or with her peers?
- Is she managing to "figure out who she is" in ways that work for her and your family's values?
- Has she struggled with anxiety or depression?
- Could your daughter benefit from support feedback and acceptance from other teens? Gaining greater self awareness, acceptance and confidence?

The goal of this group is to help tween girls feel connected and supported as they develop greater awareness of themselves and their social world. Group counseling can promote positive identity development and relationships - a foundation for all girls before launching into the larger social world.

FOR MORE INFORMATION CONTACT **DR. MEGAN STRAUSE, PSYD** AT  
**(703) 865-4900 X6** OR **STRAUSE@BRIDGESTHERAPYANDWELLNESS.COM**

10560 ARROWHEAD DRIVE, SUITE 200 FAIRFAX, VIRGINIA 22030

P: (703) 865-4900 F: (703) 865-4922 [WWW.BRIDGESTHERAPYANDWELLNESS.COM](http://WWW.BRIDGESTHERAPYANDWELLNESS.COM)