

GIRLS GROUP

Group Therapy for ages **7 - 10**

Group will meet **IN PERSON**, every other week
on **TUESDAYS** at **5pm**



This is a process and support group for girls ages 7 - 10 to discuss various topics that impact their lives such as anxiety, school stressors, friendships, and self-esteem. Group will also focus on building and implementing social skills to assist their relationships in all domains. Group therapy can promote positive identity development and relationships - a foundation for all girls before launching into the larger social world.

FOR MORE INFORMATION CONTACT **JULIA COCKRILL, LMFT** AT
(703) 865-4900 X10 OR **COCKRILL@BRIDGESTHERAPYANDWELLNESS.COM**