



Being me...in mind, body, & spirit







Each activity is researched and developed purposefully to provoke insight and self awareness in the areas of:

- * Decision making
- * Moral and character development
- * Personal Worth & Self Esteem
- * Emotional Intelligence
- * Conflict Resolution
- * Coping Skills
- * S.E.C.U.R.E Relationships
- School success
- Social responsibility

Looking for a place where your daughter can learn more about herself while building relationships with new friends?

"Go, Girl, Go!" is a weekly empowerment group for girls ages 12 - 16 that combines important topics & fun activities based in the belief that positive self esteem is essential to making good decisions, avoiding peer pressure, & being happy.



This program is developed and lead by Cherrell Thomas, LPC a Licensed Professional Counselor specializing in child and adolescent services.

2nd and 4th Wednesdays 6:00 pm- 7:30pm 2330 Scenic Hwy Snellville, GA 30078

\$35 per session

** \$20 nonrefundable registration fee

Click **HERE** to register



Helpful Therapy Center, LLC www.helpfultherapy.net

Mentor opportunities

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