



Farmington Valley Counseling Center, LLC



Upper Elementary / Middle School Girls Group

This has been a challenging year for all of us. There have been lots of changes at school and with life, in general. You've likely had to adjust to changes at school, restrictions with how you are able to spend time with family and friends, and cancelled events and extracurricular activities as a result of Covid-19.

If you have been feeling stressed, anxious, overwhelmed, or lonely, we can help.

Farmington Valley Counseling Center is offering an 8-session telehealth group for upper elementary / middle school girls who are interested in connecting with their peers and learning strategies to manage everyday stressors. The group will focus on identifying and communicating feelings, exploring friendship issues, building positive self-esteem, and developing effective coping strategies to manage academic and/or social stress and anxiety.



**One group will meet on Tuesdays from 4:30 pm - 5:30 pm
April 20 - June 8, 2021 (8 sessions)**

****SECOND GROUP DAY and TIME TBD**
\$60 per session**

***If you are looking for a fun way to connect with other girls your age
in a safe, supported environment, call (860) 255-4017
or email info@fvcounseling.com to learn more.***