



Farmington Valley Counseling Center, LLC

REGISTER
TODAY!

MIDDLE SCHOOL GIRLS GROUP

Middle School presents its own set of unique challenges, with academic transitions, peer dynamics, and self-discovery playing significant roles. Navigating the complexities of changing classes, forming new friendships, and handling increased responsibilities can be overwhelming.

If you are looking for a fun, engaging space to connect with other girls who understand the ups and downs of Middle School life,

WE CAN HELP!

Through engaging activities, discussions, and skill-building exercises, girls will learn about healthy communication, conflict resolution, and building positive relationships. They will also develop strategies for managing and regulating their emotions, as well as learn healthy coping mechanisms for dealing with stress and challenges. The group empowers girls to develop strong social skills, foster healthy relationships, and build resilience, all within a safe, supportive and inclusive environment.



Thursdays, 4:30 PM - 5:30 PM

Farmington Valley Counseling Center

111 Simsbury Road, Avon, CT

\$60 per session

**May be eligible for insurance reimbursement.*

FACILITATED BY NORA HAWLEY, LCSW



CALL (860) 255-4017 to REGISTER TODAY!

111 Simsbury Road, Avon, CT 06019

| fvcounseling.com