



Head In The Right Direction

6-WEEK IN-PERSON GROUP

CONFIDENCE & COPING

A SUPPORTIVE SKILLS GROUP FOR TEEN GIRLS



AGES 12-16
SMALL GROUP

A welcoming, structured space to build self-confidence, manage anxiety, strengthen emotional regulation, and connect with peers. This group empowers girls to feel more like themselves—at school, at home, and in everyday life.

CHRISTINE FERREIRA

Christine Ferreira, 2nd Year MHC Intern

Co-facilitated with an approved intern or supervisor and supported through clinical supervision.

ELISE MELITO

Elise Melito, 2nd Year MHC Intern

Co-facilitated with an approved intern or supervisor and supported through clinical supervision.

WHAT WE'LL WORK ON

1



Understand & manage anxiety and big emotions

2



Build self-esteem & self-compassion

3



Practice healthy communication & boundaries

4



Develop coping tools for everyday stress

5



Recognize strengths & build confidence

WHAT TO EXPECT

- ✓ Mindfulness and grounding
- ✓ Brief skills lessons and guided discussion
- ✓ Interactive activities and reflection
- ✓ A calming take-home activity each week
- ✓ Weekly parent handouts with practical ways to support progress

SCAN FOR
CHRISTINE



Scan to request
a consultation.

SCAN FOR
ELISE



Scan to request
a consultation.

GROUP DETAILS

- 6 weekly sessions
- \$45 per session
- 3-6 participants
- IN PERSON**
Final site selected after interest review

FINAL SCHEDULE BASED ON FAMILY AVAILABILITY



INTERESTED?

Request a consultation through Christine's or Elise's provider profile to see whether the group is a good fit.

(845) 335-5615