



Groups for Pre-Adolescent and Adolescent Girls

Groups for pre-adolescent and adolescent girls will be starting in September 2009 at Long Grove Psychological Associates. These groups will focus on understanding relational aggression and development of healthy friendships. Skills and understanding of self-esteem, self-care, empathy, assertiveness and conflict resolution will be explored during the group. Girls will support one another and be able to process their own experiences in a safe setting lead by licensed clinical psychologists. They will learn to communicate in a healthy way and strengthen their self-confidence. The information shared in the groups will remain confidential among participants in order to maintain trust and respect of each group member.

The group leaders will be:

Dr. Lindsay Harrow, Psy.D. (630) 962-9097

Dr. Elizabeth Fazio, Psy.D. (708) 899-8150

The groups will run for 10 weeks.

The cost of each group will be \$50 per session.

Please contact one of the group leaders to sign up or for more information on these groups.

