



7070 KNIGHTS CT, SUITE 203
MISSOURI CITY, TX 77459
(832) 500-3563



Missouri City Family Counseling presents

TEEN 360: SISTERHOOD

This 6-week virtual support and process group will provide a safe, relaxed format for teen girls to discuss important topics that are uniquely impacting them. Our small group size (4-6 girls) and licensed therapist facilitator will give girls the opportunity to share ideas, learn from others, and build important life skills.

Topics of Focus

- Coping with COVID
- Managing Anxiety
- Social Media Safety
- Building Self-Esteem
- Healthy Relationships
- Handling Conflict

Meeting Information

- WHEN:** Dates to be determined
WHERE: Online - confidential telehealth video format
WHO: Teen girls ages 13 to 17 (grouped according to age)
WITH: Ginger Brasher, LPC (Licensed Professional Counselor)

Registration Details

- COST:** \$60 per session (\$360 for 6-week group)
REGISTER: Email us at info@missouricityfamilies.com