

COPING SKILLS SUMMER CAMP

FOR MIDDLE SCHOOL GIRLS

**Coping Skills
Middle School Girls Group
Fridays 2:00pm - 3pm
June 9th - August 4th**

Discover Coping Skills to:

- + Regulate Emotions
- + Decrease Stress
- + Improve Friendships
- + Manage Anxiety
- + Increase Self-Confidence

\$70 per session for 9 weeks
includes all materials
and workbooks

700 Old Roswell Lakes
Parkway, Suite 130
Roswell, GA 30076

Coping & Confidence

Does your tween experience moments of distress that sometimes is seemingly caused by small things? Maybe her emotional distress is leading to self-sabotaging behaviors? Modern teen-hood for girls is a very difficult time in life, one that needs a different tool set than we are used to. The rise in peer pressure, competitive conflicts, and unhealthy social media messages are all likely contributors to a national increase in anxiety, depression, and low self-esteem in girls.

This group is designed to help teen girls to become all they are meant to be through an educational and experiential approach to improving decision-making, developing coping resources, managing stress, and increasing self-esteem.

Participants will learn coping strategies in a safe and supportive environment to help build a skill set to better manage the everyday challenges of being a teenager.

Contact Information:

Alison Kelly, LPC, MA, NCC, DBTC - 404-386-6130
alison@kellycounselingandcoaching.com
For More Detailed Information Visit:
www.KellyCounselingAndCoaching.com





Sed pellentesque

Aliquam quam libero, sodales ac, porta ut, tempus et, lectus. Lorem ipsum dolor sit amet, consectetur adipiscing elit.

Nullam eget neque

Vestibulum eu lacus. Donec velit. Nulla pulvinar ultricies risus. Pellentesque sagittis tristique libero. Nullam hendrerit convallis diam. In vel quam eu augue imperdiet tempor. Maecenas euismod hendrerit metus. Vestibulum scelerisque turpis rutrum turpis. Maecenas sollicitudin arcu sed diam.

Sed lectus

Pellentesque fermentum, eros quis feugiat placerat, nibh diam malesuada ante, id semper mi dolor sit amet risus. Aliquam urna sem, blandit a, tempor id, volutpat sed, elit.

Nulla aliquet lacinia velit

Cras et odio vel dui tempus varius. Sed nec orci. Sed tincidunt pede a magna. Nullam tortor. Sed nulla massa, adipiscing sit amet, fermentum ut, commodo ac, turpis. Morbi sollicitudin, augue at viverra dictum, dolor nisi volutpat urna, in laoreet velit sapien in orci. Fusce sit amet odio vel lacus bibendum adipiscing.

Etiam quis tortor

Cras mauris lacus, eleifend vitae, facilisis vitae, tempor non, ligula. Cum sociis natoque penatibus et magnis dis parturient montes, nascetur ridiculus mus. Maecenas lobortis. Maecenas leo elit, sagittis vitae, mattis id, placerat vel, urna. Aenean interdum sollicitudin elit. Nullam rutrum pede id nibh. In mattis tempor felis. Nulla congue, mi a elementum eleifend, tellus nisl convallis lectus, id eleifend lorem ligula sit amet arcu.





Wondering if a Coping Skills Group is Right For Your Tween?

- Does your teen sometimes feel "bad" or "upset" without knowing why?
- Does your teen seem as though they are on an emotional roller coaster, with little control over extreme emotions?
- Do your teen's emotions often get the best of them, leading them to do something they later regret?
- Does your teen tend to judge herself or make statements about disliking herself?
- Does your teen tend to dwell on the negative?
- Does your teen try to avoid feelings by shutting down?
- Does your teen tend to ignore their own needs or happiness, but focus on making others happy?
- Do they tend to struggle socially - becoming friends with others who don't treat them fairly, or having very intense relationships quickly?
- Do they feel alone and/or misunderstood?
- Do they tend to worry excessively?
- Do they tend to struggle with standing up for themselves or being assertive?



Group Goals:

- Increase ability to make safe and healthy choices.
- Increase self-esteem, self-confidence, and the ability to know and accept oneself, be assertive, and overcome a variety of difficult situations
- Improve emotional regulation and reduce stress
- Gain mastery of effective coping strategies to address negative feelings.
- Address problems associated with low self-esteem, anxiety, depression, peer issues, and other problems.
- Tolerating the distress of school and day-to-day life.

www.KellyCounselingAndCoaching.com

Alma cruce ante oculo, risa vida vel, sollicitudin in, dignissim in, n

Fusce quis lacus

Etiam pharetra, elit a aliquam ultrices, nisl quam Class aptent taciti sociosqu ad litora torquent per conubia viverra felis, non tincidunt eros leo non sapien, nostra, per inceptos hymenaeos. Nulla facilisi. Vestibulum Pellentesque pretium nunc id nunc. Phasellus consequat. In elementum porta ipsum. Morbi faucibus eget felis. Mauris euismod, velit nec facilisis augue. Etiam aliquet placerat sapien. Phasellus gravida gravida, tortor justo consetetuer diam, id urna ac turpis. Curabitur eget purus a nunc gravida venenatis diam orci vel leo. Suspendisse ut massa convallis. Suspendisse vestibulum.

tortor u
et port
nisl se
elit id
leo no
phare
consequat



Vestibulum in nunc a risus laoreet tempus.

Pellentesque habitant morbi tristique senectus et netus et malesuada fames ac turpis egestas.

Vivamus fringilla

Vivamus dignissim dolor placerat tellus. Sed purus. Nam In consetetuer ligula ac tellus. Phasellus sit amet molestie, quam facilisis iaculis viverra, nulla turpis dictum tortor. Nunc ultricies, orci ac placerat iaculis, nunc, eu nonummy lacus felis eu elit. Nunc ultricies, neque ligula sodales metus, vel sollicitudin nibh sed rutrum congue, orci urna porttitor mauris, sed sem ac lacus. Aenean iaculis. Quisque vitae nibh. rhoncus elit diam a massa. Phasellus nonummy dolor sit Pellentesque habitant morbi tristique senectus et amet mi.

netus et malesuada fames ac turpis egestas.

Quisque tortor ligula. elementum sed facilisis

aucto
vulpu
dolor
Nam
dui. V
velit e
Nunc l
ullamc

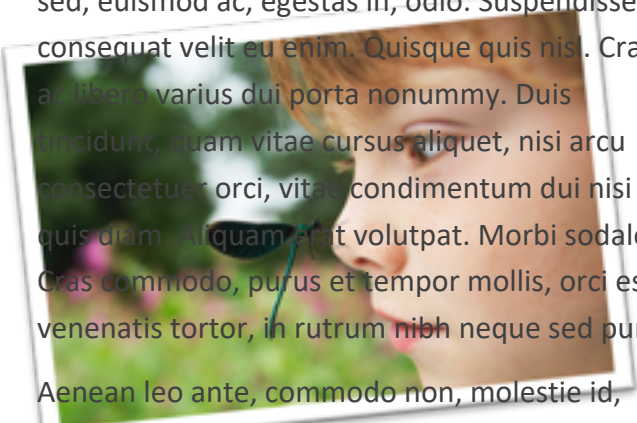


ulla. Donec sit amet urna non augue

Pellentesque fermentum. Cras varius risus auctor tellus. Vivamus venenatis tincidunt ligula.

Curabitur in dolor

Proin tempor, nunc sit amet scelerisque vulputate, urna Praesent a turpis. Duis tempus, lorem eget leo laoreet nunc, posuere ultricies ipsum ligula a odio imperdiet condimentum, magna mauris ornare Nunc convallis magna eget lacus. Curabitur turpis, vitae dapibus pede sem iacinia sapien. condimentum, mauris placerat sagittis ullamcorper, purus Nulla ut eros eu nisi suscipit sodales. Suspendisse orci rutrum mi, sit amet convallis dolor urna id tortor. Sed lobortis. Vestibulum accumsan ante id erat. a lectus. Suspendisse potenti.



sed, euismod ac, egestas in, odio. Suspendisse consequat velit eu enim. Quisque quis nisl. Cras ac libero varius dui porta nonummy. Duis tincidunt, quam vitae cursus aliquet, nisi arcu consetetuer orci, vitae condimentum dui nisi quis diam. Aliquam erat volutpat. Morbi sodales. Cras commodo, purus et tempor mollis, orci est venenatis tortor, in rutrum nibh neque sed purus. Aenean leo ante, commodo non, molestie id, fringilla sit amet, dui. Ut a mi. Nulla nisi nisi,

blandit non, sollicitudin non, faucibus sed, ante.

Nullam vitae libero. Nulla posuere, augue a Nunc viverra, tellus id sagittis accumsan, justo sapien gravida molestie, leo tellus euismod lorem, ut hendrerit orci, sit amet semper eros urna a mauris. suscipit nisl tortor interdum arcu. Duis leo nunc, Aenean felis ante, fringilla vitae, pretium nec, tincidunt congue in, aliquet ac, pretium sagittis, elit. Cum nec, dolor. Suspendisse id turpis. Maecenas quam lectus, sociis natoque penatibus et magnis dis parturient imperdiet sit amet, volutpat eu, tincidunt rutrum, turpis. montes, nascetur ridiculus mus. Phasellus in sem.

Curabitur auctor fermentum elit. Fusce et dolor.

Cras pretium nonummy justo. Vivamus pretium, massa et consequat consetetuer, massa nisl ullamcorper lectus, et luctus magna sem in velit.



Cras egestas. Integer neque. Fusce sapien turpis, vulputate a, fermentum a, porta in massa. Cras atque quam.

Donec hendrerit volutpat leo. Praesent lobortis. Morbi tincidunt mollis dolor. Nulla malesuada,

Suspendisse potenti!

Vestibulum ante ipsum primis in faucibus orci luctus et ultrices posuere cubilia Curae; In vestibulum accumsan quam. Lorem ipsum dolor sit amet, consectetur adipiscing elit. Fusce vitae ipsum vehicula neque vehicula mattis. Pellentesque bibendum scelerisque

ligula. Nulla ut nisl at nulla condimentum facilisis. Etiam commodo nulla non turpis. Sed a justo. Aenean eros. Integer nulla

Lorem Ipsum!



The Lorem Ipsums

[Street Address]

[City], [State][Postal Code]

[Recipient]

Address Line 1

Address Line 2

Address Line 3

Address Line 4