



Girls RISE

Resiliency ♦ Identity ♦ Self-Care ♦ Empowerment

Girls RISE is an art therapy group that focuses on the issues facing high school girls in 2018 while moving through those challenges with a newfound sense of empowerment.

This group will address:

Self-Esteem Relationships Body Image Mindfulness Anxiety
Social Media Depression Self-Expression And More

Art therapy gives voice to experience through visual and symbolic expression while engaging the mind, body, and spirit.

When words fail, art prevails.

When: Tuesday 4:30 – 6:00 PM
(Intake Consultation Required)

Where: West Valley Counseling Center

Cost: \$30 per session



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