

Positive Choices

Girls Group



Building emotional intelligence through cognitive therapy

GIRLS WILL LEARN TO:

- Change Negative thoughts into positive actions
- Learn to make positive choices and control emotions
- Learn the importance of setting standards for oneself
- Build self confidence
- Build social skills

Girls ages 10 – 14 are invited to join this group.

8 Session Group

**Mondays
from 5 p.m. – 6 p.m.**



**Cornell Scott
Hill Health
Center**

Contact Stephanie Tompkins, MSW by calling: (203) 503-3458

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