

Girl's Bill of Rights

Girls have the right to explore who they are and love themselves

Girls have the right to build strong support groups and healthy friendships

Girls have the right to express themselves with originality and enthusiasm

Girls have the right to take risks, to strive freely and to take pride in their success

Girls have the right to accept and appreciate their bodies

Girls have the right to have confidence in themselves and to be safe in the world

Girls have the right to prepare for interesting work and economic independence

Services:

- Dual Diagnosis
- Individual Counseling
- Family Therapy
- Group Therapy
- Psychological Evaluations
- Drug Screening

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Falling up

A girl's guide in taking charge of the issues that affect you



G.U.T.S
Girls United Together for
Strength
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Working together to create a vision about how to help one another in a group is a powerful experience. The girls and those they help in the group become more positive and change their view of themselves and the world around them. Their own thoughts and behaviors become more responsible and the experience can be a basis for developing and maintaining self-respect and meriting the respect of others. The group allows girls to learn they are not alone in their efforts to raise self-esteem and build healthy futures. With encouragement, they learn that together they can work toward a long-term goal to create better conditions for the world outside themselves and for their own internal world.

I realized that I'm not the only girl who's had problems. At times I've felt all alone and everyone at school hated me. Today I know that we all experience doubts and fears. But I have friends in group and they have held me up and sometimes I even help someone else. I hope to make things better for me and all the girls who struggle.

Jessica -16

Lean on me: support group

Healing Depression & Anxiety
 Resolving Family Conflicts
 Safety Awareness
 Anger Management
 Academic Success
 Healthy Relationships
 Coping & Communication
 College and the Future
 Learning to Love and Respect Yourself

It's hard enough being young, but being a girl, and then there's where you live and the color of your skin, it can be really hard growing up. I would never trade who I am, I'd just make society hear us better. Youth have a lot to offer the world, but sometimes were not taken that seriously. But just you watch us. Me and the girls are making something out of ourselves.

Thriving in junior high & high school

- creating a stronger sense of self
- navigating healthy relationships
- problem solving skills
- emotional awareness
- friends and the danger of peer pressure
- the quest for a positive mindset
- establishing healthy family relationships
- understanding sexuality and respecting your body
- responsibility and its power
- developing a positive self image

Concerns and warning signs:

- withdrawal or isolation
- irritability and moodiness
- difficulty with authority figures; i.e. teachers, parents
- changes in appearance
- changes in sleeping patterns
- shifts in peer groups/ "hanging with the wrong crowd"
- inability to concentrate
- changes in academic performance

TOPICS AND EDUCATIONAL TOOLS

- That can't happen to me: egocentrism, invulnerability, and risk-taking behaviors
- Social skills training
- Utilizing consequential thinking
- Anticipating obstacles
- Logical thinking
- Self-control skills
- Psychological awareness

- Learning to heal by helping others
- Increasing their emotional IQ
- Self-esteem and building character

"We are the hero of our own story"
 - Mary McCarty

- Specialization in Adolescent counseling
- Drug and Alcohol Certification
- EMDR Certified
- Psychological Testing
- Drug Testing

The Group builds skills for the present and the future. Our focus is on empowering the girls. The group is essential to any teen girl's success in high school and junior high.

Studies show the benefits of girl's in group programs

Studies have found critical differences between teen girls engaged in group programs and those who are not. The benefits of group include lower risk of acting out, greater perspective taking abilities, positive peer status, more academic success, motivated to do well, higher mental health and competence.

Female relationships can be positive and negative. Relationships that just revolve around worries and negativity can increase stress levels. However, girls can learn that sharing problems and finding solutions is about supporting each other emotionally and celebrating successes.