

Sista Talk

12-15 Sessions

*designed to
promote
Character
Development and
Improve Overall
Functioning!*

Girls group for ages 11-15
Tuesdays 4p-6p

FAMILY & FRIENDS WELCOME!!

Call us to participate

Helping young women manage their emotions, make good decisions, increase confidence, take responsibility for behavior, navigate early parenthood, self-care, develop healthy social relationships, manage stress

**Contact Joshua N. Swafford MA, LAPC
Director of Groups and Workshops**

Phone: 770-431-0299 - or - fax: 866-416-1767

Some of the Sessions will
include:

- Intro to Womanhood
- How to make good decisions
- How to communicate and respect each other
- Getting sassy ain't cool
- Phenomenal Woman

*ALL GROUPS are
headed by licensed
clinical coordinators
& Family Advocates*



ProActive Management Consulting, LLC



"Change is possible, growth is possible, success is possible... One step at a time"

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