

6 Week Wellness Creativity Group for Teen Girls

"Peace does not mean to be in a place where there is no noise, trouble, or hard work.
Peace means to be in the midst of all those things and
still be calm in **your heart**."

– unknown



Participants: Teen girls (9th/10th together and 11th/12th together, limited to 8 participants)

Facilitator: [Shelly Sowell, M.Ed., LPCC](#)

Time: 2 hours per session

Cost: \$250 total for all 6 sessions (cost of materials included)

When: TBA

Dates: TBA

Where: TBA – local studio in Louisville

Contact: Shelly at shellysowell@live.com or (502) 396-0879.

Registration process includes a discussion to make sure this group is a good fit for participant.

REGISTER:

Info on Shelly: www.shellysowellwellness.com

VOICE ~ CREATIVITY ~ QUESTIONS ~ WELLNESS ~ CALM

Join our group!

This 6-week group is for teens interested in learning fun, creative and effective ways to manage stress and realize wellness in their daily lives. They will also engage in safe, confidential, open discussion in the areas of relationships, social issues, and personal balance.

Objectives:

- Greater self-awareness and relational awareness
- Learning to be responsive rather than reactive
- Healthy decision making
- Increase resilience and ability to cope with stress
- Space for creativity
- Greater ability to self-regulate emotions and create balance

Examples of Wellness practices in Group:

- Relaxation
- Meditation – grounded, simple techniques
- Open discussion on Teen Topics
- Guided Visualization
- Art activities
- Journaling/Reflection

Participants will be encouraged to take risks and engage fully in the group; however, it will be a safe and comfortable environment for people to disengage as needed.

Participants are encouraged to wear comfortable clothing.
Journal included in cost.