

EMPOWERED Women

- ❖ Build **SELF-ESTEEM** and **SELF-COMPASSION** as you calm your inner critic and become more comfortable in your own skin.
- ❖ Become **MINDFUL**, connect with your **INTERNAL WISDOM** and **EMPOWER** yourself to be the woman you want to be.
- ❖ Explore new and healthy ways to **take care of yourself** in light of the pressures and expectations of being a teen in today's world.
- ❖ Find your **VOICE** and learn how to build and maintain healthy relationships.
- ❖ Build emotional intelligence to better understand self & others
- ❖ Discover, develop, and celebrate your **STRENGTHS** as a woman.
- ❖ **CONNECT** with and learn from other young women while establishing a positive peer culture.



Empowering you to...



EMPOWERED
THERAPY, LLC

QUIETING the STORM

Empowering Young Women

Therapy Group for Adolescent Girls
Teenage girls ages 14 to 18



Self- Esteem & Self-Compassion

Positive Identity Development

Strength Identification

Positive Coping Skills

Healthy Relationships

Communication Skills





Welcome!
From the moment you walk in the door, you will feel respected, accepted, and understood.

Without the fear of judgment, you will be able to build self-compassion, embrace and develop your strengths, realize meaningful goals, and connect with your true self.

“The privilege of a lifetime is being who you are.”
 - Joseph Campbell

Joining Group

September 24, 2018

2 sections offered

Mondays – 12 Weekly Sessions

new sessions begin regularly

\$60 per session

For more information or to schedule your **FREE Consultation** to see if this is the right group for you:

Call - 314-952-3199 or

Email - kkcaul@yahoo.com

Group Topics

Girl Talk - We have a lot in common

Love Story - Falling in love with me

To Be or Not To Be Me - Building a healthy identity

The Woman in the Mirror - Improving body image

Sugar & Spice - Handling expectations & pressures

Survivor - Identifying & building strengths

Quieting the Storm - Developing coping skills

Superwoman - Identifying personal goals

There's No Place Like Home - Surviving fears

Soul Sisters - Building healthy relationships

Battlefields - Maintaining healthy relationships

Good-bye - Hello World!

Kelly Caul, MSW, LCSW



Kelly Caul, MSW, LCSW, founder of EMPOWERED Therapy, LLC, received her Masters of Social Work at the Brown School at Washington

University in St. Louis. She is both a trained IFS and EMDR therapist, with a B.A. from Washington University in St. Louis in both Psychology and Philosophy-Neuroscience-Psychology, and a minor in Art. Kelly dedicates her career to working with teens, women, and parents; with the underlying belief that all individuals have the inner strength and wisdom needed to create the life they wish to live. She is masterful at building rapport with individuals that feel disconnected, disengaged, and hopeless. With her dynamic skill set, she empowers you to reconnect to your authentic self and live consciously. This is a space that will honor you exactly as you are, while empowering you to befriend your emotions, embrace your worthiness, build meaningful relationships, recover from trauma, and define your happiness.

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