

Announcing a New Group at CFA!

Finding our Voices:

An Empowerment Group for Adolescent Girls

CFA is currently accepting teenage girls, ages 14-18, to participate in a dynamic and innovative group psychotherapy experience, tailored to address girls specific concerns. Using a *Cognitive-Behavioral, strengths-based approach*, this group will focus on improving participants' self-esteem and relationships with peers and family.

Topics to be addressed include:

- Depression
- Anxiety
- Identity
- Body image
- Assertiveness skills
- Goal-setting
- Stress management, coping skills
- Improving relationships

Group activities include:

- Art
- Self assessments, visualizations, positive affirmations
- Journaling exercises
- Skills worksheets
- And much more!

For more information about this group, please contact Dr. Steve Harner at 703-533-3930, extension 1.

Child & Family Associates of Greater Washington, LLC (CFA) is a collective of clinicians seeking to promote better outcomes for our clients through partnership with families, physicians, schools, and other providers who may also influence client progress. CFA clinicians provide a range of assessment, counseling and intervention services tailored to efficiently and effectively meet the needs of children, teenagers and adults. We are currently accepting new clients and are available for consultation regarding parenting strategies with young children and disruptive and/or defiant children and teens. We also specialize in working with college-age and young adult issues.

www.CFA-GW.com