

# Adolescent Girls Group

*Why a group for adolescent girls?*

Group helps you to feel connected to others



Group helps you to learn how to release your feelings

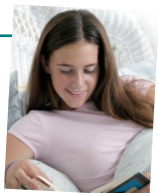
Group helps you to better understand yourself



**Group is fun!!**

## Issues Addressed

- Building Self-Esteem and Self-Confidence
- Making Important Life Choices
- Identifying Uncomfortable Feelings and What to Do With Them
- Learning to Express Feelings
- Getting Along With Others
- Self Care



**Size of group:** 5 to 7 members

**Time:** 5:00pm to 6:00pm on Mondays



**Terri H. Merritt, LCSW**

*Terri Merritt is a licensed clinical social worker who has worked with children and adolescents for the past 14 years. Terri worked for the Winston-Salem Forsyth County School System and for Bowman Gray Child Guidance before joining CareNet Counseling.*



FAITH-INTEGRATED  
PROFESSIONAL COUNSELING

## *What is pastoral counseling?*

Pastoral counseling seeks to intentionally integrate the client's values and faith resources into the healing process. Pastoral counselors are ordained ministers who have advanced degrees from an accredited theological school and also have extensive clinical training in psychology and the behavioral sciences. Counselors will not impose their own beliefs on the client, but will assist the client in identifying and incorporating the client's faith resources, support systems, and values into the counseling process. All CareNet counselors are licensed by the state of North Carolina and one or more professional bodies such as marriage and family therapy, licensed clinical social workers, or other recognized state or national organizations.

### **For More Information**

Individuals interested in the Adolescent Group for Girls may contact **Terri Merritt** directly at **336-713-0267** to discuss joining the group.



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