

# GIRLS WITH GRACE AND GRIT

**FACILITATED BY KATHY MANGANARO, LMHC**

**Group For Girls Ages 15 to 17**

**This group focuses on empowering young women. Goals include building self esteem, self awareness, and communication skills. Group also addresses the unique challenges and experiences of high school aged girls.**

**Group Meets**

**Thursdays**

**7 to 8 pm. Hybrid meetings, every other week in person at our Norfolk Office. Other week virtual.**

**\*Fall 2023: Second group forming  
Thursdays 5:30 to 6:30\***

**Scan For More Info  
and To Register**



**In Network  
Insurance Accepted,  
\$60 Private Pay**

