

STRONG*GIRLS* PROGRAMS

Creative Wellness Institute conducts two different group programs:

The **STRONG***Girls (SG) Group* is an innovative group designed especially for girls age 12-18 with risky behavior. The group integrates mind-body awareness through experiential activities, expressive movement, art, and poetry. The girls learn new ways of managing problematic behavior, developing social skills, improving communication among family and peers, character building and conflict resolution.

The group is closed, meaning that additional girls are not added after the program begins. The session last for approximately 9 weeks and occurs 4 times per year. The girls attend on Tuesdays and Thursdays from 4:30pm to 6:30pm. Parents attend their own group on Tuesdays from 4:30pm to 6:30pm. There are also 2 Saturday groups, one group is for girls only and the other group is for girls and their parents.

The **Keep It STRONG (KIS) Group** is a weekly support and skill-building group that was created to eliminate the wait time before a girl receives services, providing an immediate entry point prior to the start of the next intensive group session. It also functions as aftercare for girls who are clinically indicated as needing additional care after the intensive group component.

This group focuses on character building, life skills and developing personal strengths. The girls learn through “real world” scenarios such as understanding and completing job applications and interviewing, visits to college campuses, budgeting, opening a bank account, creative and cultural experiences, community service projects and much more! KIS meets on Tuesday evenings from 5:00pm to 6:30pm.

Individual and Family Counseling Sessions are a part of both **STRONG***Girls* Programs.