

# Girl Talk



~ Addressing the needs of girls in real-life situations!

These **Ten-Session** groups are for girls in grades 3-8. They are designed to give girls an opportunity for personal growth in the following areas:

- \* Develop Emotional Intelligence
- \* Increase Self-Confidence and Self-Esteem
- \* Developing a Positive Body Image
- \* Communication Skill-Building
- \* Assertiveness
- \* Coping Skills for Relational Aggression
- \* Conflict-Resolution
- \* Developing and Maintaining Healthy Friendships
- \* Decision-Making
- \* Managing Stress

**Who?** These groups are open to girls in grades 3-8. Participants will be placed in groups with other girls of similar age. Groups are limited to 5 girls in each group.

**When?** ~~2013-2014 school year~~. Groups are held after school or on Saturdays. Times to be determined and starting dates may vary for the various age groups. Sessions are 75 minutes in length.

**Where?** My office: 143 Ridgeway Drive, Lafayette, LA 70503

**Group Leader:** Amy Romero, LPC, is a Licensed Professional Counselor, a Nationally Certified Counselor, and a Registered Play Therapist with over 14 years experience in working with children, adolescents, and families. Ms. Romero is a graduate of ULL with a Masters Degree in School Counseling. She began her career as a teacher of the elementary grades and was selected as Teacher of the Year during that time. Following her teaching career, she served as a Nationally Certified School Counselor in Lafayette Parish. She is a certified trainer in Stephen Covey's 7 Habits of Highly Effective People Signature Program and has conducted workshops on The 7 Habits of Highly Successful Families.

Ms. Romero has extensive experience in using the group process to help children make positive changes in their lives. She has conducted groups to help school-age children manage issues associated with anger, social skills, and behavioral concerns, along with school success groups. She uses cognitive behavioral therapy to help them overcome their difficulties. The techniques she uses are based on scientific research, yet are creative and "fun" in order to be engaging for her young clients.



For more information,  
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## Child, Adolescent, and Family Counseling

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