

empow(H)er

A program to support confidence,
compassion, & consciousness in girls

Dawn Wilcox, LCSW

LLC

What is empow(H)er?

It is a group program to assist building the skills girls need to become confident, compassionate, and conscious women. Sessions will focus on increasing self-awareness and self-acceptance.

Who is it for?

It is designed for middle-school and high-school aged girls. Girls will be grouped according to age and developmental level. Group size is limited, so sign up soon!

When will it be held?

A brief group program will begin in August. Group sessions will resume September after the school year begins. Sessions will run approximately 1 hour. Please contact Ellen Guerrero, MS, LAC for more details.

Who runs it?

Ellen Guerrero, MS, LAC is a licensed associate counselor and clinician in the practice of Dawn Wilcox, LCSW. She currently works with children, adolescents, and adults.

If you are interested in signing up or for more information on cost, curriculum, etc., contact Ellen Guerrero, MS, LAC via email **eb.lac.14@gmail.com** or call **(732) 630-7435**.

Group sessions may be reimbursed by your insurance company. Call your insurance provider to verify.