



### *A Positive Environment for Girls*

This group is for teen girls, 12-14 years old, who would benefit from a positive peer group. This group provides a safe and validating atmosphere to gain support from others, as well as myself and is structured to help teen girls thrive in, but not limited to, healthy relationships, self-esteem, self-care, and healthy boundaries.

#### **About the Therapist**

Gail Yost, MA, LMFT is a Licensed Marriage and Family Therapist, Certified Eye Movement Desensitization and Reprocessing (EMDR)/Hypnosis Clinician. Her past experience includes working with adolescents in a day treatment setting and intensive in-home family therapy with children and adolescents.

For more information visit [www.gailyost.com](http://www.gailyost.com)

**What:** Girls Teen Group

**When:** Wednesdays beginning January 9, 2019

**Where:** 11812 Wayzata Blvd, Suite 120  
Minnetonka, MN 55343

**Time:** 4:00-5:30 p.m.

**Cost:** \$450.00 for 6 sessions

**Other:** To register call or email Gail Yost at 651.269.4937 or [gmyost1@gmail.com](mailto:gmyost1@gmail.com)