



A 7-WEEK PROGRAM FOR HIGH SCHOOL GIRLS

Written and developed to grow
confidence, connection and
resilience

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IS YOUR TEEN DAUGHTER...

- Struggling to feel confident or know where she fits in?
- Dealing with friend drama or feeling left out?
- Unsure how to set healthy boundaries or stand up for herself?
- Spending more time online but feeling more disconnected?
- Feeling anxious or down after social media interactions (like being "left on read")?
- Wanting a safe space to talk things through with other girls who "get it"?



WHY PARENTS CHOOSE THIS PROGRAM

The high school years are a turning point. Girls are beginning to define who they are, what they believe, and how they want to show up in the world. At the same time, they face pressures from friendships, academics, social media, and daily stress that can make them second-guess themselves or feel disconnected from their true identity.



THE PROCESS

Over 7 weeks, participants are guided through a structured process with workbook materials and interactive experiences. Each session builds skills in:

- Developing a stronger sense of identity and inner calm
- Building and maintaining meaningful friendships and connections
- Learning to trust their voice and communicate with clarity
- Recognizing when boundaries are needed and practicing how to set them
- Exploring challenges with curiosity and creativity rather than anxiety
- Growing the resilience to handle setbacks while staying grounded in their values

Wednesday
evenings
6pm-7:15pm



To sign up or learn more,
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**\$85/week paid in full at
the start
(\$595.00 total)
(Not billable to insurance)**

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