

# West Coast Counseling Center

Envision the Possibilities



## West Coast Counseling Center

### Pre-Teen Group for BFFs\*

with

**Marlee Simon**

Board Certified Music Therapist

Feeling stressed out about school and grades, peer relationships, or life at home? Having trouble figuring out who you are or how you fit in? You are definitely not alone. Being a pre-teen is full of physical, emotional and social changes and challenges that don't always feel so great. On the other hand, it can be the best years of your life.

Come to our pre-teen group:

- Express yourself through music and journaling techniques as you discover your awesome and unique self.
- We will teach you new ways to deal with the pressure of competition, bullying, changes in your body and hormones, wanting a boyfriend or girlfriend, feeling blown off by friends and understanding your moods.
- Come and complain about your parents, teachers or siblings without getting into trouble. We will help you find ways to solve these problems.
- Become more independent, confident, and have more fun as you begin to choose to put your "Best Foot Forward" (BFF) with others who are experiencing similar issues.

You can bring into group any topic that you want to talk about. You can come alone or with your BFF. If you and your friends are struggling we will set up private group sessions with our Music and Journaling Therapist, just for you.

(\*Best Foot Forward)

Find more information on our Women's, Men's, Young Adult, Pre-Teen and Coed groups and other services at [www.wcccla.com](http://www.wcccla.com) / [info@wcccla.com](mailto:info@wcccla.com).

All groups are 90 minutes/\$70. and run by a Psychotherapist.

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