

Adolescent Girl Group
Ocean Waves Wellness Center
Tuesdays at 5 pm, 10 sessions
Winter 2019

Therapeutic Yoga Group

This therapeutic yoga group will help girls to navigate contemporary teen concerns & allow them to:

- Practice mindfulness techniques & develop a calm presence.
- Increase self-esteem, self-love, and acceptance.
- Foster positive body image through mind-body connection.
- Cultivate interpersonal skills & healthy relationships.
- Develop coping skills to deal with stress, anxiety, depression, & past trauma.

**Contact Stephanie Siciliano, LCSW, RYT for more
information or to schedule a consultation
732-403-6593 • yogatherapy.ss@gmail.com**

Stephanie Siciliano is a Licensed Clinical Social Worker (NJ 44SC05762100) and Registered Yoga Teacher with over 6 years experience working with adolescents as a clinical therapist. She has a deep understanding of the many complex stressors affecting children & teens today & is passionate about providing a safe, nurturing space that allows for them to learn skills to live happy & healthy lives.