



# Girl Power: A Support Group for Adolescent Girls

Thursdays | 4:00 p.m. – 5:00 p.m.  
at the Cohen Clinic at Centerstone  
775 Weatherly Drive, Clarksville, TN 37043

Led by:  
Tammy Leininger, LPC-MHSP, NCC and Brittany Wilhelm, MSW

Together we'll focus on positive ways to manage stress and other emotions, and build healthy interpersonal skills.

Weekly topics will include:

- Assertive communication,
- Problem solving,
- Building resilience and self-esteem,
- Naming and taming feelings,
- Trust and intimacy
- and more!

Enrollment is free.

*For more information, call: 931-221-3850  
or email: [cohen@centerstone.org](mailto:cohen@centerstone.org)*



The Steven A. Cohen  
Military Family Clinic  
at Centerstone