

LUXE LAKE COUNTRY COUNSELING PRESENTS

REAL TALK

MIDDLE SCHOOL GIRLS GROUP

GRADES 6–8

A welcoming place to talk, feel understood, and build tools for real life.



A real space for real feelings, real friendships, and real-life skills.

WHO IT'S FOR

Girls in grades 6–8 who want support with:

- ✓ overthinking, worry, or school stress
- ✓ friendship changes, conflict, or drama
- ✓ confidence and self-esteem
- ✓ big emotions or feeling overwhelmed
- ✓ being hard on themselves

WHAT WE'LL WORK ON

- CALM** anxiety and stress
- COPE** big feelings
- CONNECT** friendships and communication
- GROW** confidence and self-esteem
- FLEX** flexible thinking
- SOLVE** problems with healthy coping skills

YOUR VOICE MATTERS You help shape the conversations—bring what matters to you.

5 MONDAYS

November 2–30, 2026

TIME

5:30–6:45 p.m.
75 minutes

COST

\$20 per session

SMALL GROUP

Limited spots
Screening required



PARENT/GUARDIAN
INTEREST FORM

WHERE

Luxe Lake Country
Counseling Collective
175 E. Wisconsin Ave.
Suite M
Oconomowoc, WI 53066

Questions?

DanielleMcounseling@gmail.com
Call or text Danielle: (608) 313-4564

FACILITATED BY



Maddie
LPC-IT



Danielle
Therapist Intern

SCAN TO SHARE INTEREST & SET UP A PHONE SCREENING • PARENT/GUARDIAN WILL BE CONTACTED FOR A BRIEF PHONE SCREENING

