

Frequently Asked Questions (FAQs) for Girls Group:

*Facilitated By:
Stephanie Ratner, MSW, LCSW*

What is Girls Group?

Girls Group is for those with mild to moderate symptoms of depression, low self-esteem, experiencing challenges with relationships, lacking hope for the future, and/or needing feedback on how to navigate social media from a safer, healthier, more balanced framework. This group was designed to be preventative, however, also can be a launching pad for individual or family therapy to begin either during or after the group ends.

Where is it?

Girls Group is held in the group room at: Grace Counseling, 7921 Southpark Plaza, Suite 204, Littleton, CO 80120. Front office number is (720) 489-8555.

Who can attend?

Girls Group is for those who are 12 to 14 years old who are completing the 6th to 8th grade during the present school year.

How many will be in it?

Girls Group has proven to be most successful with a range of 10 to 12 participants.

When is it?

Girls Group is on Mondays from 7 to 8:30 pm.

I'm very interested, but unfortunately this time doesn't work for our family. Do you plan on having another group at a different time?

Girls Group will offer another time slot on Thursdays from 4 to 5:30 pm and/or Saturdays from 10 to 11:30 am, if there's enough interest for multiple groups to avoid wait lists for the Fall of 2019. Please contact Stephanie Ratner via email at sratner@gracecounseling.net or call at (720) 489-8555 ext. 105 to let her know your interest and preference for these time slots potentially being added.

How many weeks is the group?

Girls Group runs for a total of 8 weeks. It starts on June 3rd and ends on July 22nd.

What if she misses a group session?

Girls Group covers a new topic each session. It is recommended that you schedule an individual therapy appointment to review the material from the group session you missed. You can schedule a future appointment if you know that you'll miss one of the group sessions due to activities, camps, sports, traveling, and other family commitments.

Is it okay to miss two or more sessions?

Girls Group only runs for eight weeks, therefore, we strongly encourage you to plan on attending every group session. If that's not possible, then you should plan on missing no more than one group session.

Do we need to wait in the lobby during the group sessions?

No, parents only need to check-in their girl's for group at the front desk via the sign in sheet. Parents are free to leave and come back at the end of group. All we ask is that you arrive and pick up on time.

How much does it cost?

Girls Group is \$60 per group session.

Do you offer a sliding scale?

Reduced fee is available based on individual and family financial circumstances. Please contact Stephanie Ratner via email at sratner@gracecounseling.net or call to leave a voice message at (720) 489-8555 ext. 105, to discuss your situation and explore payment options.

What forms of payment do you accept?

Grace Counseling accepts cash, check, HSA (i.e., Health Savings Account) cards, and credit cards for payment. It's easiest for most parents to do credit card authorization so they don't have to make payment before or after each group session.

Do you accept insurance?

Grace Counseling does not accept insurance, however, is able to provide a Super Bill. For more information, check out the following link:

<http://gracecounseling.net/faqs-about-christian-counseling/>

Can those with Medicaid Insurance participate?

Unfortunately, those insured by Medicaid cannot participate because they are mandated to access treatment within their own network of providers. We apologize for the inconvenience. ☹

What are the requirements?

New clients must complete an intake assessment with Stephanie Ratner prior to the first group session. The last day for intake assessments will be on Friday, May 31st. However, it is highly recommended that you don't wait until the last minute and schedule your intake assessment as soon as possible.

How do I sign up?

You can email Stephanie Ratner at sratner@gracecounseling.net or call to leave a voice message at (720) 489-8555 ext. 105. She will follow up within 24 hours and likely will get back to you before the end of the day.

When is the deadline to sign up?

The deadline for signing up is Friday, May 24th, 2019 by 5 pm.

What is your professional experience?

Stephanie Ratner has been providing mental health care to adolescents for the past 10 years in a variety of settings. Most recently, she has been the School Based Therapist for the past 8 years on a campus of 1600 middle to high school aged students. She provides family, individual, and group therapy to nearly 200 students and their families each school year. She has led over 25 groups in the past 5 years. She loves groups because of the personal growth and community among like-minded peers that develops within them. For more background information, check out her profile:

<http://gracecounseling.net/grace-counseling-therapists/stephanie-ratner-lcsw/>