

Self-Esteem and Social Group For Teens Girls



This group will provides girls (ages 15-17) a normalizing and validating environment to practice social skills while talking about various topics such as peer relations, anxiety, depression, family, body image, academics stress, and coping skills. The groups are always 6 members or less. Groups meet every Monday evenings and are 1 hour in length. I offer a free 20 minute intake session on Zoom for the girls and their parents, so we can decide together if the group is a good fit.

Group Meets every Monday
Where: TBA
Day: Monday at 4:30pm
Duration: 1 hour
Price: \$120 for 6 sessions

Contact Info for Enrollment:

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