

BE – YOU – tiful



Looking to enhance your daughter's confidence, peer relationships and self-esteem? Ask your teen to join us as we explore topics like self-esteem, social anxiety, school transitions, friendships and more. This group will give your teen the foundation to develop healthy relationships, a strong sense of self and learn more about coping strategies with the everyday challenges of being a teenager.

Call today for more information.

AGE 14 – 16 YEARS

Every other Saturday

12 pm to 1:30 pm

\$40 Per session / Per participant

Family Tree Counseling

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