

REFLECTIONS

SUPPORT GROUP GIRLS AGE 13-17

Discussion Topics:

Anxiety / Stress

Mindfulness

Depression

Social Media

Self-Esteem

Bullying

Self-Image

Relationships

Peer Pressure

Positive Self-talk

Wednesday Evenings

7:00 - 8:00 pm

\$35 per Group /

Initial Screening Interview

6 - Week Commitment

Group Lead by

Charmain Teelucksingh, MS

Please call 678-919-1077



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