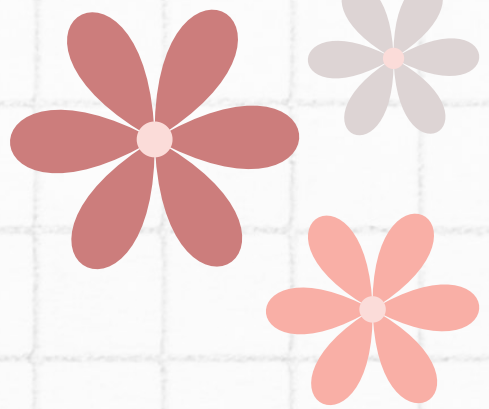


Self Esteem & Confidence Group

WHAT IS THIS ALL ABOUT?

Our 8 week group is intended for 13-15 year old girls who are looking to connect with peers while learning how to build self esteem and confidence!



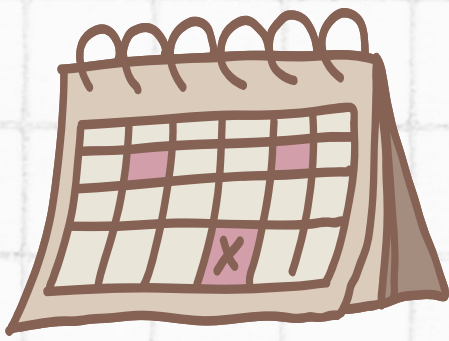
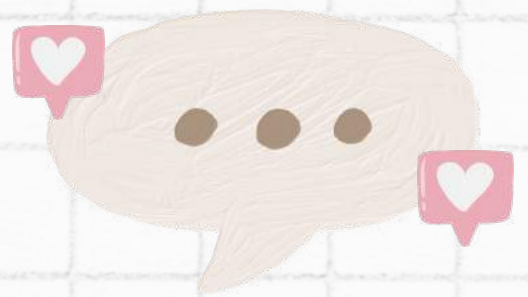
EXAMPLES OF TOPICS INCLUDE:

Self compassion, strengths exploration, gratitude, self care, personal values, boundaries, positive affirmations, art therapy activities, & more!

WHEN & WHERE IS IT?

Starting Thursday, March 7
@ 4:30 - 6:00pm

Anchor Counseling Services
8500 Station Street, Suite 101
Mentor OH, 44060



HOW CAN I SIGN UP?

Please call our office at 440-742-4656 or email us at office@anchorcounselingohio.com

FEEES

Each group session is \$30.
Cash, check, or card accepted.



www.anchorcounselingohio.com