

# Empowered for Greatness

In-person 12-week therapy group for adolescents who identify as female (ages 13-15) struggling with self-esteem and confidence

**January 6th, 2022 / Thursdays, 4:30-5:30pm**

Topics covered include:



Body Image

Social Media



Family Factors

Coping Skills



Hobbies & Interests

Please note that this group may not be appropriate for all who wish to participate so screening will be required. Please contact Hannah Terrinoni, LSW at [hterrinoni@thrivecc.org](mailto:hterrinoni@thrivecc.org)