

Empowered for Greatness

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

May 5th, 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
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