

# ELEVATE

## COUNSELING SERVICES, INC.

### You Got This!!

Online

Time: Mondays 3-4:15

Dates: 6 weeks, Winter 2023

Facilitated by: Ashley Luongo, LMHC

This group is for high school aged girls (14-18) who want to increase their self worth and improve their self esteem.

6 weeks of focusing on self esteem and self worth. Exploring how it relates to and is impacted by all areas of life. We will discuss: relationships, social media, anxiety, depression, school and communication skills in relation to self esteem.

Content includes: Handouts, interactive discussions, psycho-education, journal prompts

**Call 508-297-1491 to enroll**

Facilitated by Ashley Luongo, LMHC: [ashley@elevate-counseling.com](mailto:ashley@elevate-counseling.com) or 508 202 1811 ext 14

Payment Info: Most commercial insurances accepted, private pay \$25 per session



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[www.elevate-counseling.com](http://www.elevate-counseling.com)