

## You Got This!!

Online Time: Mondays 3-4:15 Dates: 6 weeks, Winter 2023

## Facilitated by: Ashley Luongo, LMHC

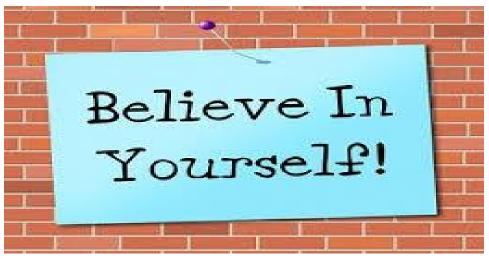
This group is for high school aged girls (14-18) who want to increase their self worth and improve their self esteem.

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: <u>ashley@elevate-counseling.com</u> or 508 202 1811 ext 14 Payment Info: Most commercial insurances accepted, private pay \$25 per session



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