

Teen Girls Group

A group for girls who want to learn how to deal with the ups and downs of the teen years

#AllTheFeels #LifeHacks

Ages 13 - 17

Tuesdays 7pm - 8pm
September 13 - November 1
8 Weeks

Led by Rebecca
Freking, LMFT

\$50 Per Session
Save \$25 if paid in full

Participants will learn about how emotions work, how to increase positive emotions, and how to deal with difficult emotions. Group will include a mix of learning new skills, discussion, and sharing.

This group is appropriate both for girls who are dealing with emotional challenges and girls who want to increase their ability to deal with life's stressors.

SR&A

SHELBY RILEY, LMFT AND ASSOCIATES

For more information or to register:

rebecca@shelbyrileymft.com
513.484.4420

Space is limited and registration closes August 30