



Join Our Group Chat Session Today!

Come chat with girls like you, going through common struggles and dealing with anxiety. Talk about parents, school, relationships, self-image and identity. Groups can help decrease isolation, and increase confidence, self-esteem, communication and problem-solving skills. Find support from your peers and ease your anxiety as you cope with life as a teenage girl.

When & Where?

- Tuesday nights at 6:15pm
- Via Zoom.com (must create an account- it's free!)

Who?

- Adolescent females, 14-18 years-old

Cost?

- \$225 per 5-week session (\$45 per week)
- Advanced registration required
- Rolling admission every 5 weeks

Contact Jillian Altomare-Breuninger, LPC, for more information and to register: 610-649-6344 ext. 214

Call our office or email us today for an appointment at one of our convenient locations!

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