



**A Virtual Chat  
Group**  
For Girls Ages 14–18

**Mondays**  
**7:00—8:00pm**  
**Rolling Admission**

Support groups can be a great place to receive validation, support, and feedback from peers facing similar challenges. Come “chat” with girls like you about peer relationships, school, parents, body image, and identity formation. Groups can help problem-solving and communication skills, self-esteem and confidence, and mood as you receive support in coping with life as a teenage girl.

**Cost: \$225 per 5 week session;  
\$45 per week**

**Call 610-649-6344 or email  
[admin@mainlinetherapysolutions.com](mailto:admin@mainlinetherapysolutions.com)  
to register**

MLTS  
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**Facilitator:**  
**Jillian Altomare  
Breuninger, LPC**