



Enrolling Now

TEEN EMPOWERMENT THERAPY GROUP

Teen Empowerment Group is for teens who:

- feel **alone** and **disconnected** from their peers
- are **hard** on themselves
- **avoid** social situations to avoid "failing"
- experience **low self esteem**
- are **overwhelmed** by their strong emotions

Your Teen will:

- develop **healthier relationships**
- be **kinder** to themselves
- learn and use **coping skills** that work for them
- recognize their **strengths** and **celebrate** them
- **manage** stress
- feel **happier!**



Facilitated by
Licensed Therapist
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For more information please call 215-330-6828 or email me at josephine@thecarecounselingcenter.com