**EMPOWERMENT GROUP**

**A PROCESS GROUP FOR TEENS 13-17**



Exclusive 8 Session group that allows teenage girls the opportunity to discuss daily challenges of being a teen in the 21st century: Girls will leave confident in themselves and in speaking their truth!

* Self-esteem struggles
* Bullying
* Social/intimate relationships (readiness)
* Peer pressure
* Family relationships/stress
* School/education stress
* Personal Power/Self Control
* Social skills/anxiety

**Mondays weekly beginning March 12, 2018 - 5**:30 – 6:45 pm

**Investment: $20/week fee $45 Assessment fee**

**Location:** 5000 Austell Powder Springs Rd, Atlanta GA 30106

Register at: <http://heartmatterswellness.com/?page_id=496>