

PreTeen Esteem

Girls Group

- Increase self-esteem and build confidence
- Improve social skills and increase positive peer interactions and relationships
- Feel more comfortable and successful about the future
- Talk with other teens who are experiencing similar feelings



Join now!

A New 8 Week Session
Begins Saturday February 2nd at 2:30pm
Located at
1400 Shattuck Ave, Berkeley Suite #7

**Contact Holly Forman to Join
Licensed Marriage and Family Therapist**

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