

## BETTER TOGETHER!

I cherish my tribe of women! They provide wisdom, inspiration, support and soul food.

This cognitive-behavioral group is designed to teach teen girls valuable strategies for living their best lives in the context of togetherness. Each group will focus on learning and provide opportunity for social connection.

Group therapy is an excellent and cost-effective way to stretch yourself, gain confidence, and achieve goals.

If nothing else, you tried something....

For information and enrollment

[drs@brooksideanxiety.com](mailto:drs@brooksideanxiety.com)

## LOCATION

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## CONTACT US

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## SKILL & SUPPORT GROUP

# GIRL TRIBE

- Starting 6/24/2021
- Bi-weekly Thursdays 7 – 8 PM
- \$40 per session
- \$35 per session if pre-purchase 5
- Give it a shot if you want to...
  - get support
  - practice socializing
  - learn great strategies
  - discuss relevant topics
  - challenge yourself
  - dig deeper
  - connect
  - unite
  - uplift
  - be brave!!!!