



☀️ Boost Your Self-Esteem: Teen Group Therapy! ☀️



join our supportive group therapy sessions designed to help you:

- Build Confidence
- Connect with Others
- Develop Healthy Mindsets

what to expect:

- Guided discussions led by a licensed therapist
- Interactive exercises and activities
- A safe, confidential space to share and grow

Ready to take the first step towards a healthier self-image?

 When: 8-12 weeks
 Where: Virtual
 Cost: \$40/week
 Group Size: Limited to 10 participants for a safe and intimate environment.



📞 contact us today!

info@solutionstherapyandwellness.com

Spaces are limited! Sign up now to secure your spot!

Please Note: Only accepting members in CA & IL.

