

Be Well Counseling Presents: Group Options!



Girl Empowerment Group | Ages 9-13 & 14-18
| \$50

- Improve self esteem and confidence!
- Guaranteed group feedback and support!
- Time and Day TBD!

High School Group | Ages 14-18 | \$50

- Safe space for high school students to discuss life stressors
- Guaranteed peer feedback
- Ideal if struggling with depression and anxiety
- Time and Day TBD!



Young Adult Group | Ages 18-25 | \$50

- Safe space for young adults to discuss current life stressors and learn new ways to cope
- ideal for adults who struggle with mental health challenges
- Time and Day TBD!

Anger Management Group | Ages 18+ | \$50

- Learn healthy ways to manage anger and aggression
- Satisfy a work/court requirement
- Saturdays @9am

