

in my...  
**Confidence Era**

Therapy group for girls ages ~10-12 focused on:

*self-esteem*      *body image*      *mental health*  
*friendships*      ✨      *personal goals*  
*positive role models in pop-culture*

- 4 weeks during July 2024 at Beautiful Journey Counseling
- Days & times TBD based on participant availability
- Group cost is \$40/ session and may be covered by insurance
- Please inquire at [www.beautifuljc.com](http://www.beautifuljc.com) to register
  - Click “Book Now!” and choose Group Therapy



or contact Jess:



201-298-3632



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[www.beautifuljc.com](http://www.beautifuljc.com)

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