



IMMACULATE HEART OF MARY

Counseling Center



Teen Girls Group

GENERAL AND SOCIAL ANXIETY

Teen girls (ages 12-15) who want to develop skills to manage anxiety and have better social interactions are invited to join an 8-week group at Immaculate Heart of Mary Counseling Center. Each week we will explore ways to overcome negative thoughts, build self-confidence, and uplift peers struggling with similar tendencies. The purpose of this group is to provide psychoeducation on general and social anxiety, learn healthy coping skills, and engage with other girls in a similar stage of life.

This 8-week group will run on an ongoing basis.

Please contact our office to sign up for the next available group.

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