



8-week group therapy for high school girls

THRIVE

**DISCOVERING CONFIDENCE AND CONNECTION IN
AN ANXIOUS AND DEPRESSED WORLD**

- UNDERSTAND WHAT CONTRIBUTES TO OUR ANXIOUS MINDS AND DEPRESSED HEARTS
 - LEARN HOW TO CALM THE MIND AND NURTURE THE HEART
- UNDERSTANDING OUR OWN FEELINGS AND HOW TO MANAGE THEM WELL
- DISCOVER BETTER CONNECTION WITH OTHERS AND YOURSELF

Price: \$600 for 8 weeks.

When: Tuesdays 5-6:30pm starting March 15th

Where: Renovari Counseling
377 E. Chapman Ave. Suite 105, Placentia, CA

With: Katie Worden, MA, LMFT #131007

Email katie@renovaricounseling.com for more information and to sign up

