

# Discovering YOU!!

A 10-week in-person group for teens focusing on self-worth, self-care, self-acceptance, coping strategies, reflection and introspection through games, mindfulness, crafts, and psychoeducation.



***A TEEN GROUP FOR THOSE DEALING WITH ANXIETY, DEPRESSION, SELF-ESTEEM AND TEEN ISSUES***

***GROUP LEADER: KRISTEN BOIKE, LPC, NCC***

**Monday evenings 6:00-7:30pm**

**Starting February 19, 2024**

10-Week In-person Group

For all teens ages 13-18

Perspectives Counseling Centers-TROY LOCATION

888 W. Big Beaver Rd., Suite 1450, Troy, MI 48084

Register today at (248) 244-8644