



CHASING THE VISION COUNSELING SERVICES PRESENTS: **SELF LOVE, IDENTITY, CONFIDENCE & PURPOSE**

- **Who:** Girls, ages 14-17
- **When:** Every other Saturday starting April 6, 2024
- **What time:** 3:30pm-4:30pm
- **Where:** North Raleigh, in-person only
- **Insurance accepted**
- **How long:** 8-week Program

Topics include: social skills, self-esteem building, role of the adolescent, communication, self-expression, music therapy, body image, finding purpose

Facilitated by: Zena, Licensed Therapist

For more information & to sign up, please email zena.chase@chasingthevision.com or visit www.chasingthevisioncounseling.com