

## GOALS FOR THE GROUP:

1. Confidential space for exploring anxieties in everyday life.
2. Receive positive feedback and support from others in a safe environment.
3. Cultivate wisdom, self-esteem, inner strength, and resilience.
4. Learn coping skills, confidence, and discernment. Knowing now that you always have options, how do you make therapeutic choices given difficult situations.
5. Create a tribe of individuals you can go to in tough times.

## ADDRESS

Dr. Karina Chace  
Licensed Professional Counselor  
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## CONTACT

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<https://www.dolcepea.com/girls-groups>

FOR TEEN GIRLS:

# THE ANXIETY CLUB.

Two groups per week, running monthly. Come to one, or come to both. This is a confidential space to reflect, share, and process personal experiences with anxiety and depression. Starting in January. Please contact Dr. Karina for fees, and to enroll.

You are not alone.

