

Good Enough

PROGRAM FOR HIGH SCHOOL GIRLS

Defining Your Sense of Self

**Building Confidence,
Connection, and Healthy
Relationships**

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Learning to Feel "Good Enough" Just As You Are

★ HIGH SCHOOL CAN BE A LOT!

Are you trying to figure out who you are?

Want real friends, not fake ones?

Tired of people crossing your
boundaries?

Sick of drama—online and IRL?

Wondering why you keep getting left
on read?



*Join us for real talk, real support, and tools you
can actually use...online and IRL.*

- Feel good about who you are (know your values and actually believe in yourself)
- Figure out friendships...the good, the bad, and the drama
- Spot red flags and know how to set your own boundaries
- Handle social media without it running your life...end that comparison talk in your head
- Speak up with confidence (and still keep it respectful)

This group is for you!

- 7-week commitment
- High School-Age Girls
- Wednesday evenings
6pm-7:15pm
- \$85/week paid in full
at the start

(\$595.00 total)

(Not billable to insurance)



**To sign up or learn more,
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