Perspectives Counseling Centers
#SelfiEsteem

Discovering, Accepting and Valuing Yourself for Who You Are

Who: Girls ages 10-14

What: A workshop designed to strengthen ability to see one’s self-worth, promote/build awareness of how different factors impact self-esteem, and build resiliency

When: Saturday 9:30a.m-2:30p.m
Call for current schedule

Where: Perspective Counseling Centers 888 W. Big Beaver, Suite 1450, Troy, MI 48084

Cost: $99 per client, $20 less if you bring a friend/sibling
Lunch will be provided

Interactive Workshop Will Include

- Identifying sources that impact Self Esteem
- Strength building
- Media influence on self-esteem and body image
- Use of Social Media
- Making friends with others AND yourself
- Managing bullies (outside bullies and INNER bully)-identifying self-talk
- Goal Setting
- Stress Reduction/Self Care

Facilitator: Georgiana DesRosiers, MA, LPC, NBCC
Contact Perspectives to Register: 248-244-8644