

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 9:30 am-2:30 pm
February 16, 2019!

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