



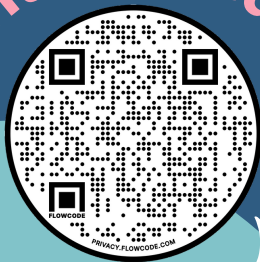
TEEN TALK: AN EMPOWERMENT SERIES

Teen Talk: An Empowerment Series consists of four separate sessions designed to provide support to teens as they navigate the ups and downs of relationships, both with self & others.

Location: TBD (in Bethesda)

Cost: \$65/session

Interested?



Fill out our intake form
or send us an email!

Kate Alcamo
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Allison Cohn
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WEEK 1
11.06.23
6pm - 7:30pm

Unlocking the Power of Self Worth

Discover your true potential & cultivate confidence, self-respect, and a positive self-image.

WEEK 2
12.04.23
6pm - 7:30pm

Mental Health Boost

Acquire essential tools & strategies to improve and maintain a healthy state of mind.

WEEK 3
01.08.24
6pm - 7:30pm

The Power of Connection

Build key relationship skills to navigate life with empathy and compassion.

WEEK 4
02.05.24
6pm - 7:30pm

Find your Inner Warrior

Develop resilience to face life's challenges with confidence.

Join us for 1, 2, 3, or all 4 sessions!



Sign up for our
newsletter to hear about
future groups!

