

G.E.M.S.



GIRLS EMBRACING MAGNIFICENCE & STRENGTH

A Virtual Support Group for Teen Girls 14-17

\$45 per week for 8 weeks
February 5th- March 26th

Wednesdays at 6:00pm-7:15pm
via Zoom

GROUP FACILITATED BY



Tiari Contreras
Licensed Marriage and Family Therapist

Utilizing an eclectic approach
(narrative therapy, CBT and DBT)
in assisting teen girls with
challenging negative thought and
behavioral processes while
building confidence and
embracing individuality.

TOPICS: identity development,
positive relationships, safe dating
practices, self-esteem/body image,
social skills and more!

(317) 399-5612

RUACH COUNSELING

WWW.RUACHCC.ORG

