



warm springs  
**Counseling  
Center**

740 Warm Springs Avenue, Boise Idaho 83712  
Intake Hotline: (208) 343-7797 ext 1238  
[www.childrenshomesociety.com](http://www.childrenshomesociety.com)

Operated by



**Children's  
Home Society**  
of Idaho

## Self Esteem Group - Girls 13-15

### Positive About Self

Body Image & Self-Esteem Group sessions will focus on:

- Building self-esteem
- Reframing negative self-talk into positive attributes
- Increasing awareness of negative cultural & societal influences, and developing coping skills
- Learning techniques to increase self-confidence
- Creative/expressive process through art
- Verbal processing

This group is for girls 13-15 years old. Sessions are held weekly on Wednesdays from 4:00-5:00 p.m. for eleven weeks.

Sessions will consist of educational material combined with related activities and processing of topics. Concepts and skills will be taught in a progressive order. Participants should plan to attend all sessions.

The leaders of this group are Lisa Williams, LCPC, ATR, NNC; and Jennifer Ritter, LCPC.

Warm Springs Counseling Center accepts most insurance plans and Medicaid.

Subsidy programs are available for those who qualify.



#### Date & Time:

Starting: Jan 11, 2012  
Occurs weekly on  
Wednesdays for 11 weeks.  
Ending on March 21, 2012

Time: 4:00-5:00 p.m

#### Location:

Children's Home Society of Idaho  
2nd Floor Conference Room  
740 Warm Springs Avenue  
Boise, Idaho 83712

#### Registration:

Amy Thompson, LMSW  
208-343-7797 x 1211 or  
[athompson@childrenshomesociety.com](mailto:athompson@childrenshomesociety.com)

#### Cost:

\$35 per session

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