



AUTHENTICALLY HER

A THERAPY & EMPOWERMENT GROUP FOR GIRLS AGES 16-18

AUTHENTICALLY HER IS A BIWEEKLY IN-PERSON THERAPY GROUP DESIGNED TO HELP YOUNG WOMEN EXPLORE THEIR EMOTIONS, BUILD CONFIDENCE, AND CONNECT IN A SAFE, SUPPORTIVE SPACE.

WHAT TO EXPECT:

- Guided group therapy led by licensed professionals
- Real conversations about self-esteem, relationships, anxiety, and identity
- Empowerment activities, journaling, and mindfulness
- One fun group outing each quarter to bond and celebrate growth!

TO REGISTER OR LEARN MORE:



info@loveinspirespsychotherapy.com

Website: www.loveinspirespsychotherapy.com

100 Broadhollow Road Suite 317

Farmingdale NY 11735



Our mission is to walk beside you, not ahead of you, as you rediscover your resilience, rebuild confidence, and reconnect with the parts of yourself that may have been lost along the way.



LOVE INSPIRES
PSYCHOTHERAPY