

*Starting Oct 19*

# Becoming Me

Teen Therapy Group

*Wednesdays | 5:30 - 7:00 pm*

**6 WEEKS**

*For sophomores, juniors, or seniors in high school, Becoming Me is designed to help teens build and exercise healthy coping skills in a safe, supportive environment.*

*Teens can express their thoughts and feelings, learning valuable tools to cope, decrease social anxiety, increase confidence, and know they are not alone.*

## SIGN UP

[DAWNINSTITUTE.COM/BECOMING-ME](https://DAWNINSTITUTE.COM/BECOMING-ME)

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INSTITUTE

Healing trauma  
Healing lives