

# Teen Esteem

Girls

- Increase self-esteem and build Confidence
- Improve social skills and increase positive peer interaction
- and Feel more comfortable and successful about future
- Talk with other teens who are experiencing



**Join now!**

Every Monday at 5:30 pm

*Located at Bay Area Children First  
1400 Shattuck Ave, Berkeley*

Contact Holly Forman, MFTI for  
more information or to sign up.

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