



NEW

GROUP ART THERAPY

*Growing self-esteem
through art.*



September 21st-
December 14th

6:00PM -7:00PM

Every Other Tuesday



Family Foundations
Counseling
2002 65th Ave W
Fircrest, WA 98466



253-566-5559



Insurances Accepted:

Premiera
Lifewise
Aetna (related Insurances)
Tricare/Triwest

Do you verbalize negative self-talk, have difficulty accepting compliments, avoid social situations, fear rejection, or have difficulty identifying positive traits about yourself?

This psycho-education group is designed for High School females, 14-18 years, who are experiencing low self-esteem.

Space is limited. Call to reserve a spot. We do offer a sliding scale fee depending on financial need.

Call for more details.