



Self-Care Group

This self-care group is aimed at high school girls that have been impacted by COVID-19.




**Facilitated by:
Brookelynn Harness,
LCSW**

(502) 966-7392

- * Has your high school experience not been what you wanted it to be? Do you feel like you've missed out because of things outside of your control? Are you feeling distant from this life or the people that you are around? Are you anxious about your next steps? Do you feel alone?

Come find community in group—We will discuss depression, anxiety, coping skills, and how to best care for our minds, bodies, and hearts. \$40 per session.

Every Sunday from 12:00-1:00pm



**Breckenridge Counseling Center
2950 Breckenridge Lane, Suite 10A
Louisville, Kentucky 40220**

RSVP to brookelynnharness@gmail.com