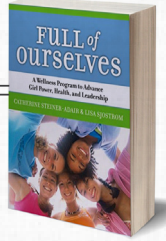


Full of Ourselves

Self-Empowerment Group for Middle & High School Girls



MONDAYS
5:30–6:45 pm
SANTA MONICA
\$40 per session
+ \$10 for supplies

We use the Full of Ourselves book to learn and grow in self-empowerment!

Join other middle and high school girls in this support group that will encourage:

- increased self & body acceptance
- healthier eating, coping & exercise habits
- leadership & identity building
- higher self-esteem & confidence



PACIFIC MFT
NETWORK

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DARCY MANAV, MA
Associate MFT (#83463)

In a day and age where teen girls are faced with relentless cultural pressures, my mission is to provide a safe and supportive space for them to connect to their creative resources, strength and power. My style is heart-centered and opened minded. Teens find me to be warm, relatable, funny and caring. I also serve children and adults. I am under the supervision of Andrea Najemy (CA LMFT #90985).

