



# Teen Girls Body Image Group

WITH BECCA VATTIMA, (SHE/HER)  
ED.S., CLINICAL MENTAL HEALTH COUNSELING  
SATURDAYS AT 10AM IN EAST NASHVILLE



This educational and supportive group allows teen girls the opportunity to discuss the shared experience of changing bodies, reflect upon the cultural ideals that shape their perception of their bodies and challenge the messaging that often leaves teens girls feeling less than and not good enough. This group aims to help teen girls build and rebuild their inner confidence, self love, and empowered voice that says they get to be whoever they are.

\$50 per week



Register by emailing us at:  
[info@ashleyvicaricounseling.com](mailto:info@ashleyvicaricounseling.com)  
[www.ashleyvicaricounseling.com](http://www.ashleyvicaricounseling.com)

