

# 8-week virtual Body Image group for teen girls



WITH ASHLEY VICARI, LPCC-S, (SHE/HER)

JANUARY 7 - FEBRUARY 25, 2026

3PM CST / 4PM EST



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 teen 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)

