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| GroupsSelf-Compassion: Wednesdays, 4:15 to 5:45pmDBT Informed: Wednesdays, 6:00 to 8:00pm |
| DetailsSelf-Compassion | Ages 15 to 18 | 4:15 to 5:45pmSelf-compassion is something most of us lack at different times in our lives, and with the many pressures teenage girls put on themselves today, they are not exempt. From social pressures, to body-image, to grades and family relationships, teens face an unprecedented amount of stress. This group is to aid young women to find their voice, settle their anxieties and to practice self-awareness and self-compassion in a whole new way.DBT Informed | Ages 14 to 18 | 6:00pm to 8:00pmDBT has become the standard for group counseling, offering skills for emotional regulation, distress tolerance and relationship building skills. Our group leader has received advanced training in DBT skills. This group will meet weekly for 16 weeks. It is an interactive and educational group where DBT skills will be taught and practiced. Beyond today counseling center, llc327 Dahlonega Hwy | Suite 1902 B | Cumming, GA 30040Groups will meet weekly, starting August 22ndSelf-Compassion: 2 eight week sessionsDBT Informed: 16 weeks totalCost: $50 a session |

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| Intake@beyondtodaycounseling.com | (678) 371-7357 |
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**www.beyondtodaycounseling.com** |
| **Our Leaders:** Kendra Gilbert, LPC, Owner  Danielle Ferguson, Intern Hailey Chappel, Intern |
| Kendra will be the group leader for both groups. Danielle will be co-leading the DBT group, and Hailey will be co-leading the Self-Compassion Group. For more information on our counselors, please visit our website. www.beyondtodaycounseling.com |

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