

Empowering Strong & Confident Teens

Psychology Services Center (PSC)



Who: 6th-9th grade girls and non-binary youth
What: 8 group sessions including discussion & activities
When: Mondays 5:45-7:00 PM, starting mid-February 2024
Where: PSC, 1331 Elmwood Ave, Columbia SC, 29201
Cost: \$5 per session

Group Topics

Social Skills



Body Image



Coping Skills



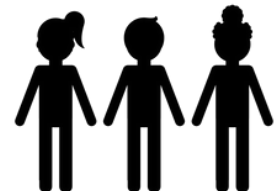
Positive Self Talk



Safe Technology Use



Healthy Friendships



To learn more, please contact the Psychology Services Center (PSC) at
(803) 777-7302 or PSYCPSC@mailbox.sc.edu