

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:** Tuesdays 5:45-7:00 PM, starting on September 10th
- Where:** PSC, 1331 Elmwood Ave, Columbia SC, 29201
- Cost:** \$5 per session

Group Topics

Social Skills



Body Image



Coping Skills



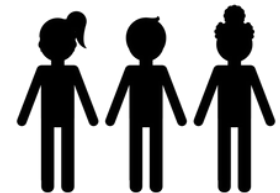
Positive Self Talk



Safe Technology Use



Healthy Friendships



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