

# Calling All High School Girls!

Spend a day learning about yourself and how to handle distressing situations using healthy coping mechanisms.

Join us on Saturday, July 13 from 9 am to 5 pm!\*

Nervous about coming? Bring a friend!

This retreat is led by DBT-informed professional counselors.

Cost is \$175. Lunch and materials provided.

AMAZING!

It's going to be ...

FIRE!

LIT!

ON FLEEK!



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\* Minimum of 6 participants needed to run the group.