

# NEW Therapy Group!

## Teen Girls Group with General and Social Anxiety

Teen girls ages 12-15 who want to develop skills to manage anxiety and better social interactions. This group will explore new ways of overcoming negative thoughts, build confidence and uplift other peers struggling with similar issues.

Wednesdays 4:00 - 5:00

Contact our office today to join!

402-489-1834

The group will be run by  
Jillian Giesselmann, MA PLMHP and Tim White, M. Psy.



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