



Beautiful Me

self-esteem rising support group for adolescent girls

Where: Beautiful Me will be a virtual group help on Microsoft Teams

When: The group will run for 5 weeks

Dedicated to Emma, Alyson and Katie Hance, the Beautiful Me program is designed to emphasize different aspects of self-awareness, self-reflection and healthy relationships with others. A series of activities and discussions encourage and empower participants in the following areas:

- Facilitate a conversation about internal and external beauty
- Foster the ability to recognize the good in others
- Encourage participants to create and enforce self-care "rules"
- Redefine the word "beautiful"
- Introduce and foster positive thoughts about each participant's talents, personality, strengths and challenges
- Problem solving and introduce the concept of meaningful compliments
- Discuss "self-talk" and share that our individual thoughts are an option

Facilitated by: Yana Koroleva, LMHC

For more information or to join

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Beautiful Me
HANCE FAMILY FOUNDATION