

Coming January 2022...

Confidence and Self-Esteem Groups for Girls!

L&B will be offering group therapy for middle and high school girls to build self-esteem, create social confidence, and improve self-image.

Session Dates: January 10th, 24th, 31st, February 7th, 14th, and 28th.

HS group starts at 4:00pm, MS group starts at 5:30pm.

For more information, contact Imani Crawford, MSW, LCSWA at imani@landbcounseling.net