

Bold and Beautiful: Fostering Self-Esteem and Resilience in Teen Girls

Presentation by Ara Mascarenas, M.S.
Registered Mental Health Counseling Intern



Hi, I'm Ara!

Mental Health Counseling Intern

- M.S. in Clinical Mental Health Counseling
- Experience in diverse clinical settings: schools, clinics, and outpatient services

What I do:

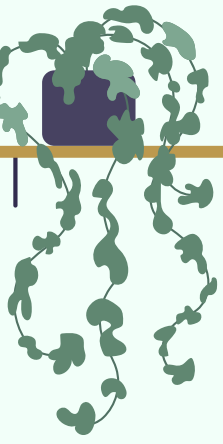
- Treat behavior issues, ADHD, Depression, Anxiety, low self-esteem, life transitions, and trauma
- Foster healthy development
- Promote social-emotional learning
- Enhance executive functioning skills
- Provide parenting tools & education

My focus: Children and adolescents aged 4 to 18, as well as young adults

Bilingual in Spanish & English



The inspiration for the group



- Issues with interacting in groups and making friends
- Strong emphasis on social media
- Wanting connection but not sure how to foster it
- Negative view of themselves
- Comments on body image & emphasis on beauty

What we will cover

Session 1: Introduction

Make all members familiar with each other and make them feel comfortable with one another.

Session 2: Self-Esteem

Explore the definition of self-esteem, bring awareness to it, and have open discussions.

Session 3: Beauty

Explore the ever-changing definition of “ideal” beauty and body. Learn how to view the self and others through more than just appearances.

Session 4: Social & Digital Media

Understand how media is presenting women and explore how it is utilized to communicate.

Session 5: Friendships & communication

Encourage girls to resolve conflicts in a healthy way and learn effective communication strategies.





Logistics

The group is from June 26th - July 31st ✦

Virtual & In-person ✦

Mondays in person at 3:00 pm ✦

Thursdays virtually at 2:00 pm ✦

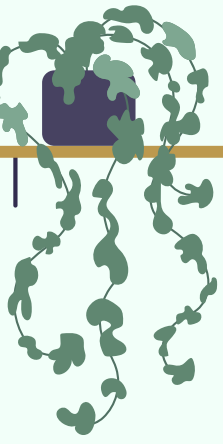
5 sessions total ✦

60-minute sessions ✦

One-time payment of \$200 ✦

Discount Code for \$50 off:
BoldandBeautiful

Next Steps...



- 01 Register now or by June 23rd
- 02 Receive and sign documentation
- 03 Secure a spot!

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