

TAMPA COUNSELING PLACE  
IS BRINGING YOU...

# THE SELF-ESTEEM TOOLBOX

6-week workshop  
helping teens build  
confidence & self-worth



## YOUR TEEN WILL LEARN HOW TO...

- Manage self-doubt and negative self-talk
- Build confidence in school and relationships
- Handle peer pressure and comparison
- Develop self-awareness, strengths, and boundaries
- Gain practical coping skills

## WORKSHOP DETAILS:

6-week course March 16 - April 20  
Mondays at 5pm virtually  
\$35 per session

TEXT "SELF-ESTEEM"  
TO (813) 331-5646  
TO REGISTER

(or to ask any questions  
you may have)

Led by:  
Arianna  
Valdez

Graduate  
Student  
Intern

