

Integrated Therapy Center

presents

How You Think, How You Feel

For Teenage Girls Ages 16-18



This workshop will teach skills that will allow you to:

- Think more positively
- Improve self-esteem
- Alleviate depression/anxiety
- Cope with stress

Friday October 22, 2004

4:00 to 6:00 p.m.

\$10 per person

Call: 856.787.7150

Susan Niznik ext 243

Gina Siciliano ext 242

