

Healthy Teen Girls' Group

A supportive, creative and healthy group for teen girls dealing with social, emotional and/or mental health challenges.

Topics may include:

- Self esteem and body image
 - nutrition, exercise and development
- Bullying and friend issues
- Sexuality and healthy relationships
- Managing stress, anxiety, anger and moods

What: Healthy Teen Girls' Group

When: August 17, 24, 31, Sept 7, 14, 21
3:30 - 5:15 pm

Where: Spirit Path Yoga and Wellness
1007 Old Seward Highway

For more information: (907) 277-YOGA

Billable to insurance for qualified participants, self-pay discounts available.



Holly Brooks has a master's degree in counseling psychology from APU. Her passion is working with adolescent girls and helping them build the self-esteem they need to pursue their goals and passions. Holly volunteers for many all-girls programs including Girls Scouts, Girls on the Run, and Fast and Female; youth empowerment through sport. She was a member of the US Ski Team and represented Alaska at two Olympic Games.



Margi Clifford is a licensed professional counselor, counseling supervisor, yoga therapist, teacher trainer and retreat leader. She has a profound interest and unique understanding of the interplay of mind, body, heart and soul and, of the influence of the environment on health and well-being. Strong female role models, a house full of sisters and an all-girls high school all contributed to her appreciation of and commitment to women and girls.

www.yogaformentalhealth.com