

# **LGBTQ+**

**NORTH CAROLINA  
TEEN VIRTUAL GROUP**

## **WHEN:**

**Tuesdays 4:30-5:30**  
**03/16/21 - 05/04/21**  
**8 weeks**

## **WHERE:**

**Online via video chat  
for teens in NC**

## **Teens will:**

- **Learn/practice skills for effective communication and healthy relationships**
- **Improve upon protective factors for mental health and wellness (anxiety reduction, mood regulation, Improving self-esteem)**
- **Discuss/process challenges in the home, school, and community setting**
- **Learn and discuss information relating to gender identity/expression and sexual orientation**
- **Feel empowered through social support**

**@be\_bold\_psychNC**

## **FEE:**

**\$50/SESSION\***

**\*New clients must schedule a parent/teen intake (\$165)**

**\*Out-of-network superbill provided for potential insurance reimbursement**

**\*Pay in full discount - email to learn more!**

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**<https://beboldpsychnc.com/>**

**To register, please email [drbate@beboldpsychnc.com](mailto:drbate@beboldpsychnc.com)**