



# Brighter Futures

## Self-Esteem and Self-Identity Group

A group program for teenage girls that focusses on supporting a positive self-esteem, enhancing self-identity and encouraging them to embrace their true selves.



### About the Group

The Enhancing Self-Esteem & Self-Identity Group is a 7-week program aimed at equipping teenage girls with the skills they need to navigate their teenage years with a healthy self-esteem and a strong sense of self-identity. The group will assist girls to feel empowered and confident and encourage them to embrace their true selves.

By focussing on their strengths and qualities, embracing their differences and uniqueness, and encouraging the pursuit of their individual passions, this group will provide a positive and supportive environment to assist the teens to have the confidence to reach their full potential.

**Group Facilitators:** Registered Counsellor Lauren Rooyackers with the assistance of a provisional psychologist or psychology student.



### Dates and Times

The group program includes seven weekly 75 minute sessions conducted at the Brighter Futures clinic in [Mount Gravatt East](#).

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| <b>Session 1</b> | Mon 15th April 2024 4:15–5:30pm                  |
| <b>Session 2</b> | Mon 22nd April 2024 4:15–5:30pm                  |
| <b>Session 3</b> | Mon 29th April 2024 4:15–5:30pm                  |
|                  | <b><i>No group this wk - May Day holiday</i></b> |
| <b>Session 4</b> | Mon 13th May 2024 4:15–5:30pm                    |
| <b>Session 5</b> | Mon 20th May 2024 4:15–5:30pm                    |
| <b>Session 6</b> | Mon 27th May 2024 4:15–5:30pm                    |
| <b>Session 7</b> | Mon 3rd June 2024 4:15–5:30pm                    |

The program runs for seven weeks during school terms with one week break due to the May Day public holiday on Monday 6th May 2024.

### Costs

- \$143 (incl. GST) per group session which equates to \$1001 (incl. GST) for the entire group.
- Group participants will require an initial 1-hour appointment with group facilitator and Counsellor Lauren Rooyackers at a cost of \$176 (incl. GST) to ensure that the group program is the most suitable option for the teenager at this time.
- Individuals with NDIS funding may be able to use their funding to pay for sessions.
- Payment is made up front or in instalments across the group.

### Sign Up

Please speak with your current clinician, the receptionist at Brighter Futures, use the contact us form on our website, or call 3843 5739 to register for this group.