

# Come join us for the Adolescent Girls Group

This group is designed to help young women talk about ways to balance technology, responsibilities, peer pressure and their emotions..

**Wednesdays**  
**7:00pm to 8:00pm**  
**Begins: February 17, 2010**

Are you a teenage girl 13-16 years old and struggling to fit in the crowd? Feeling alone? Overwhelmed, at times, by peer pressure? Feeling depressed or anxious? Do you experience difficulty with balancing technology use: *MySpace*, *facebook*, texting and computers? Do you want some help?

Call Marie Nazzaro, LCPC 301-705-7593 to participate in this group. We'll work on many common concerns of teen girls in a safe, supportive & confidential setting.

Fee for group therapy is covered by most insurance plans.

*The Pinnacle Center for Mental Health and Human Relations*

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