



UNHEARD

YOU DESERVE TO BE HEARD!

Join our brave space designed to amplify teen voices. Through this 8-week series, teens will gain empowerment and self awareness through multiple counselor-led activities.

**8 Week Seasonal Sessions
Registering for Fall Group Now
Wednesdays 6:00-7:30 pm
Starting November 3**

Groups held at Good Life Therapy
5000 Westown Parkway, West Des Moines, IA
Insurance accepted: BCBS, UHC, Cigna
515-679-3947|goodlifetherapyia.com

