



Entelechy Wellness Center

[en-tel-uh-chee]

n. to actualize potential

Empowerment and Self-Esteem Groups for Girls

Now forming in San Francisco, Palo Alto and Mill Valley

Does your daughter...

- initiate the majority of conflicts at home?
- feel insecure and/or negatively compare herself to others?
- perform below her academic or social potential?
- make self-deprecating comments?
- become easily overwhelmed?
- often seem irritable, closed-off or lacking motivation/energy?

If the above ring true, your daughter may struggle with **low self-esteem** and be vulnerable to eating disorders, sexual promiscuity, drug and alcohol abuse, depression.

Entelechy Wellness Center is offering Self Esteem groups for **7th & 8th graders, Freshmen and Sophomores**, as well as **Juniors and Seniors**. Groups (limited to 10 girls) will focus on improving self-confidence, social skills, resiliency, stress management, frustration tolerance and coping tools.

Meet Our Facilitators:

Dr. Sarah Villarreal, CEO of the Entelechy Wellness Center, is a Child Psychologist with 10+ years experience specializing in adolescents. For more information: www.entelechywellness.com

Annie Fox, M.Ed. is an award-winning teen author and an educator with 30+ years experience in social/emotional learning. For more information: www.anniefox.com

Groups run for 6 consecutive weeks. Please note that the groups fill very quickly.
For info call: 415-887-7650, ext.2.