

# ASPIRE

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ASPIRE is a therapeutic group for adolescents facilitated by NYS licensed Social Worker designed to help participants to increase and refine their self-esteem skills in a supportive and fun environment! Emphasis will be on positive self-image and decision making, and giving your teen the tools to reshape the way they view the issues they face daily.

**When:**

Open sessions held on Thursdays 6:30pm-7:45pm

**Where:**

Crossroads Counseling Center  
First Building, upstairs Office  
440 Furrows Road, Holbrook NY

**Cost:**

\$20 per session or \$150 if paid up-front

To enroll please call Crossroads Counseling Center at 631-714-5407 or you may register online at: [www.crossroadcounselingcenter.com](http://www.crossroadcounselingcenter.com)

**Topics may include:** self-esteem, bullying, peer pressure, current issues in school, building and sustaining healthy peer relationships, positive decision making, acceptance, value building, responsibilities at home/work/school, discussing future plans and goals, and reducing negative self-talk through icebreakers, discussion, role play, and within this small group even games!