

Self-Esteem Group for Girls



MPB Group, Inc. offers a weekly group developed for girls ages 11 - 18. This allows girls to address their anxieties and stressors typical to females.

Meets Mondays @ 7:00

Email group@mpbgroupinc.com

(Please specify interest in Adolescent Support Group)

This group is a hybrid group provided via teletherapy and in-person (Columbia)
Maryland Medicaid & Carefirst BlueCross/Blue Shield insurance accepted. Cash clients also accepted
(Prepaid discounts available).