

# FAQ'S

## 1) When and where will the group take place?

Every Wednesday from 7-8:15pm starting April 11th

### Location

13400 Riverside Dr. Suite 318  
Sherman Oaks, California 91423  
\*door code 0318# in the keypad

Groups may also meet in Granada Hills

## 2) How much does the Teen Group cost?

The Early Registration fee is \$697 and can be paid by clicking [HERE](#).

\*Payment plans available. Cost includes one individual wrap-up session.

## 3) What is the dynamic of the group participants?

Participants of the group are mid to high functioning girls who attend private, charter, and public schools. The majority of the girls struggle with performance anxiety, peer pressure, and low self-esteem.

Participants in the group are NOT cutters, severely depressed, or suicidal. These are presenting issues that require more intensive support. Furthermore, groups for cutters are highly contraindicated and can lead to contagious behavior.

## 4) My daughter is quite busy and can't make all of the groups?

It is important for participants to attend group consistently. Ideally participants miss no more than 1-2 sessions.

I understand busy schedules. As the group is focused on reducing anxiety levels, I try to stress the importance of making time for personal growth and self-care. Our physical, mental, and emotional health are worth it!

## 5) I'd like to know what's discussed in group, can I ask about this?

The group discussions are confidential, which is critical to maintaining a safe and open space. There are a couple of occasions when confidentiality will be broken and that's if one of the girls has expressed an intent to harm themselves or to harm others.

## 6) I have a few more questions!

You can reach me at (818) 284-7088 or by e-mail at [tamika@tamikalewis.com](mailto:tamika@tamikalewis.com). I typically return calls within 1-2 business days.

\*Light snacks and beverages are provided at all group sessions. Please let me know if your daughter has any food allergies or restrictions.