

Workshops for High School Seniors

So many pressures and people to please, so little time to know and become yourself as you prepare for your next stage in life

Stop, slow down, find time to dream

What would it be like to slow down and create a quiet space inside you for thoughtful reflection as you prepare to separate from family and friends?

Notice, observe, pause, reflect

You can find your voice amidst the voices of parents, teachers, and peers as you move toward greater insight, confidence and independence

New Workshops Starting Soon

Call or email for more information

Led by Dr. Nina Asher, Clinical Psychologist, License # PSY8725

Nina Asher, Ph.D.

phone 310-855-1251

email drna@drninaasher.com

