



I Am Beautiful!

LIFELINE COUNSELING CENTER

www.lifeline-counseling.org

Dr. Joy Carroll, Licensed Psychologist

Brenda Duarte, Licensed Professional Counselor

Hosted by:

Open to the Community



I Am Beautiful! helps adolescent girls:

- Define real beauty in terms of internals such as integrity, kindness, and respect for self and others rather than a reflection of outward appearance.
- Identify the true characteristics of a beautiful mind and spirit.
- Learn ways to identify and deal with unrealistic media and societal definitions of beauty.
- Recognize friends and future partners who will respect and love inner beauty.

Class is taught by female licensed counselors.

Class size is limited. To register, call (865) 981-7400 or email lifeline@lifeline-counseling.org

Dates:

Location:

Registration information:

The "I Am Beautiful" Class is for girls ages 12 to 16 years.