



# SUMMER SESSIONS FOR TEENS

THErapy THAT GETS YOU. SUPPORT THAT STICKS.

Is your teen feeling overwhelmed, anxious or just not like themselves?

Summer is the perfect time to reset, reflect and get support - without the pressure of school.

- Now offering a limited number of 8-week summer therapy spots
- For teens 14-18
- Virtual sessions for ease and flexibility
- Insurance accepted /private pay available

## WHAT THERAPY CAN HELP WITH:

-  Anxiety & stress
-  Self-esteem & identity
-  Friend & family relationships
-  Social pressure
-  Depression, motivation & mood changes



HI! I'M JULIA ZUNIGA, LMFT. I SPECIALIZE IN WORKING WITH TEENS AND YOUNG ADULTS. MY APPROACH IS REAL, RELATABLE AND ROOTED IN HELPING YOU FEEL HEARD, SUPPORTED AND EMPOWERED TO MAKE CHANGE.

LIMITED SPOTS AVAILABLE.  
CONTACT ME FOR MORE INFO & TO  
RESERVE YOUR SPOT  
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