



# Undoing Perfectionism Group For Teens

*A 6-week evidenced-based group utilizing Self-Compassion and Radically Open Dialectical Behavior Therapy for teens struggling with perfectionism, anxiety, low self-esteem, or procrastination.*

**Thursdays - In Person - 5 PM to 6 PM**

**October 6th - November 10th**

**632 N Mill, Plymouth, MI 48170**

**Cost: \$250      Ages 14-18**

**For registration and inquiries :**

**(734)335-0330 or [admin@malafamily.org](mailto:admin@malafamily.org)**



[www.malafamily.org](http://www.malafamily.org)