



Lauren Janna
Counselling & Psychotherapy

Hannah de Boer
Counselling & Psychotherapy

BLOOM

**Growing Confidence Through
Self-Compassion**

Ages 13 - 18

August 14th, 2026

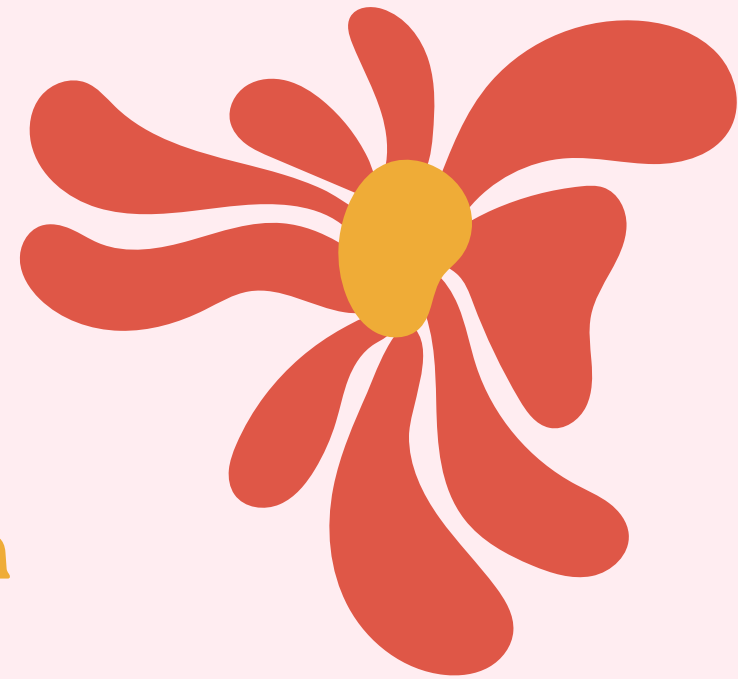
August 21st, 2026

August 28th, 2026

6:00-7:00 PM

980 Fraser Dr. Unit 109, Burlington ON L7L 5P5

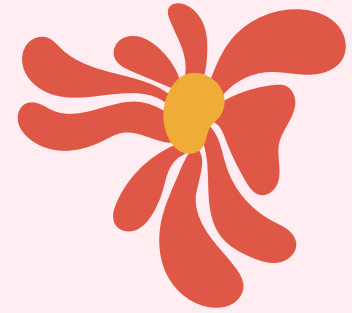
For more information & to register, visit
www.LaurenJannaPsychotherapy.com



**A creative self-
confidence
therapy group
for teens**

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Growing Confidence Through Self-Compassion



Session One: Planting the Seeds of Confidence

- August 14th , 2026 at 6:00 PM
- Exploring how we see ourselves through the influence of social media, friends, school, and our experiences
- Activities include: collaging, drawing, colouring

Session Two: Growing the Roots of Self-Compassion

- August 21st , 2026 at 6:00 PM
- Learning how to trust our gut, listen to our body, and give ourselves compassion
- Activities include: somatic movement, drawing, collaging, modelling with playdough

Session Three: Blooming My Strong Sense of Self

- August 28th , 2026 at 6:00 PM
- Finding a strong sense of self, understanding assertiveness, and learning what values make us who we are
- Activities include: drawing, colouring, collaging

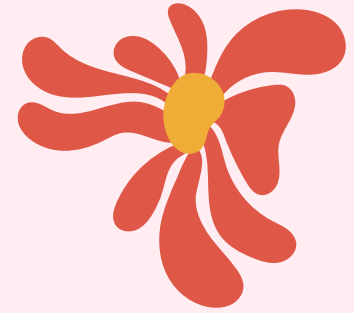
Fees:

\$150 for all three sessions (\$50 per person per session)

- Each session billed separately

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Self-Compassion



Meet the Facilitators



Lauren is a Registered Psychotherapist (Qualifying) who focuses on supporting individuals in their journey towards self compassion and self love. Lauren takes a bottom-up approach, and works with adolescents and adults to provide a safe space for non-judgemental exploration, understanding, and learning.

Hannah is a Registered Psychotherapist (Qualifying) who supports youth and adults in their journey of body acceptance and self confidence. Hannah supports folks in feeling their most confident self through learning to listen to, love, and hold compassion for our bodies and minds.

