

HIGH SCHOOL
**Steppin' Up
Therapy Group**

A cool sophisticated journey of
mind, body and spirit

High School Girls,

**What are you doing
this summer?**

If you want to...

- Talk about friends & how to deal when your line is crossed
- Learn ways to handle difficult online situations
- Build skills to stress less
- Build your media IQ
- Learn to accept yourself and value your body
- Gain more ideas for living green
- Challenge yourself and flex your self-respect
- Be empowered

Tuesdays & Thursdays, 2 - 3:30pm
Tuesday, June 29th—Thursday, August 5, 2010

Indoor & Outdoor Activities include:

- Art, Movement, Journaling, Yoga & Creative Writing
- Fun activities with amazing guest experts
- Discussion & exploration



the institute for girls' development
A Psychological Corporation

To learn more, contact Karin Lawson, Psy.D. @ (626) 585-8075 ext. 102,
Or email at: KLawson@InstituteForGirlsDevelopment.com

Check out our video www.InstituteForGirlsDevelopment.com/summervideo.html

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-Sliding scale available for qualified families-

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