

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, 1:30-3:00 pm
Tuesday, June 28th—Thursday, August 4, 2011

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 Monica Valdivia-Aguilar, MFT @ (626) 585-8075 ext. 112
Or email at: MValdivia@InstituteForGirlsDevelopment.com

95 N. Marengo Ave., Suite 205, Pasadena, CA. 91101

-Sliding scale available for qualified families-

Melissa Johnson, Ph.D., Founder & CEO, Psychologist PSY 13102