



Group Programs at The Institute

*All of our weekly groups
for children, teens, and
adults empower through*

**Self-discovery
Hardiness &
Embodiment**

*in a rich environment of
growth-fostering connec-
tions.*



Institute for Girls' Development
95 N. Marengo Ave., Suite 205
Pasadena, CA. 91101
626.585.8075
InstituteForGirlsDevelopment.com

FOR GIRLS:

Tools for Teens Groups — ages 13 - 18

Tools groups bring the body and mind together to support the whole girl. Skills learned include: Self-awareness and managing feelings, positive mindset, movement and gentle exercise like yoga, navigating girls' social world, healthy body image and stress management.

Empowerment Groups — children and teens

Self-esteem, relational confidence and positive body image are promoted through dialogue, art, media literacy, and other activities. This journey of self-discovery is offered in an environment of support, respect, and mutual learning.

Process Groups — children and teens

Our process groups provide teen girls the opportunity to identify their most important issues and grow and heal with the benefit of peer group interaction.

Social Competency Skills Groups — children and teens

These groups are ideal for girls who will benefit from specific and focused social skill-building. We integrate complementary skills in the areas of relaxation, self-calming, positive mindset, and self-care.

Steppin' Up Summer Group — entering 9th - 12th grade

Our annual Summer Group provides a cool sophisticated journey of mind, body and spirit! Through art, creative movement, and fun activities, teens learn how to navigate the ups and downs of life in high school.

DBT Groups (Dialectical Behavior Therapy) — Teen Girls

Join with others to learn new ways to manage feelings & behaviors and enjoy more rewarding relationships.

FOR ADULTS:

Young Women's Groups — ages 17 - 35

An exploration of self-discovery and empowerment, our Young Women's Groups foster authentic relationships and skills for living real.

Parents Finding Solutions Groups and Workshops

Groups provide information, resources and support for effective, loving, and mindful parenting.

New and Expecting Moms' Groups

Groups are designed to provide authentic support and tools for new moms dealing with the emotional ups and downs of pregnancy and postpartum life. Babies are welcome to attend!

DBT Groups (Dialectical Behavior Therapy) — Adults and Families

Join with others to learn new ways to manage feelings & behaviors and enjoy more rewarding relationships.

To learn more

please visit our website: www.InstituteForGirlsDevelopment.com
Or call **626.585.8075, ext 108**

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institute for girls' development
A Psychological Corporation

ABOUT THE INSTITUTE FOR GIRLS' DEVELOPMENT

Girls face incredible opportunities and challenges as they grow. They are full of questions about who they are, who they will become, and how they are changing. They seek answers within themselves, from their relationships, and from their communities.

Here at the Institute for Girls' Development, we are dedicated to empowering girls and young women through:

- Self-discovery
- Hardiness Skills
- Growth fostering relationships
- Embodiment

We offer caring, comprehensive, and innovative programs and services for girls, their families, and their circles or community.

PROGRAMS AND SERVICES

- Individual therapy
- Family, Parenting & Couples Therapy
- Groups for Girls & Young Women
- Parents Finding Solutions Groups & Workshops
- Psychological Assessment
- Summer Workshop Programs
- Community Education & Consultation
- Presentations & Trainings

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