



Institute for Girls' Development
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The Institute for Girls' Development is happy to partner with Vroman's Bookstore for the 2010 Be R.E.A.L. program.



Program started by the Junior League of Pasadena Inc. in partnership with the Institute for Girls' Development.



Be R.E.A.L.

For Middle School Girls and Their Parents

Relationships -
Extraordinary,
Authentic and
Loving

What? 4 great evenings for your middle school girl and you!
When? Wednesday nights: 6:30 - 8:30pm, March 3, 10, 17 & 24, 2010

Where? Vroman's Bookstore, 695 E. Colorado Blvd., Pasadena

This class will be held in the Vroman's Meeting Room located next door to the main store in the Atrium.

Got frenemies? Be R.E.A.L. can help!

Be R.E.A.L. is for middle school girls who want to:
have positive, lasting friendships
gain tools for dealing with cliques, exclusion & when lines get crossed
build confidence & have fun!

Be R.E.A.L. is for adults who want to:
connect with other parents and caregivers
learn more about the social world of middle school girls
gain strategies to empower girls for positive friendships

"Friendships are so important to middle school girls! When we listen to girls, we learn very quickly about their relationships and the all-too-frequent drama that accompanies them," says Dr. Melissa Johnson, clinical psychologist, CEO, and founder of the Institute for Girls' Development. What can girls do when friendships are unfriendly in the neighborhood, at school, or online? What can caring adults do to help? Find out by joining us for 4 engaging, informative, and fun Wednesday nights. Many families have participated in the program 2 and 3 years in a row. Why? Because "we love it" say girls and parents.

If you know of a middle school girl, or a parent or caregiver of a middle school girl, please share with them the opportunity.

Program Tuition

\$160 per family - Family includes daughter + 1-2 parent(s)/caregiver(s)

Scholarships Available. Easy application online.

Registration information:

<http://instituteforgirlsdevelopment.com/bereal.html>