



Doing Our Own Work

An Empowering Six Session Group for Adults in Challenging Times

Group Forming Now

Cost: \$420 for 6 sessions INCLUDING your individual pre-group session with Dr. Johnson

Early Registration Discount: \$380
Some insurances may provide reimbursement

Facilitated by Melissa Johnson, Ph.D.

Clinical Psychologist (PSY 13102)
Founder and President of the Institute

**Skills, Practice and Support
for living well in challenging times
Plus, tools to help your family***

Parents frequently ask, “how can I help my child stress less? Be more positive? Take care of herself in difficult times?” Turns out that “doing our own work” is vitally important. Our children watch how we deal with difficulty. They react to our emotional reactions. They take lessons from our capacity to calm. Join us – for yourself and your children – to practice well researched strategies for:

reducing stress
protecting optimism and zest
calming & relaxing with mind/body tools

** Open to adults who have children & adults who do not.*



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

**To learn more or set up your personal pre-group meeting, contact Dr. Melissa Johnson
626.585.8075, ext. 101.**

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institute for girls' development
A Psychological Corporation

ABOUT THE INSTITUTE FOR GIRLS' DEVELOPMENT

Girls and women face incredible opportunities and challenges today.

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

- Self-discovery
- Embodied Living
- Hardiness Skills
- Growth Fostering Relationships

We offer caring, comprehensive, and innovative programs and services for girls, women, families, and circles of community.

PROGRAMS AND SERVICES

- Individual therapy
- Family, Parenting & Couples Therapy
- Groups for Girls, Teens and Adults
- Parents Finding Solutions (including services for new moms)
- Psychological Assessment
- Summer Workshop Programs
- Community Education & Consultation
- Presentations & Trainings

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www.InstituteForGirlsDevelopment.com
Melissa Johnson, Ph.D., CEO, Psychologist PSY13102

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