



# Social Skills Groups

Groups available for girls ages 6—18

## Social Confidence & Competence!

Through fun activities and exercises, our groups are designed to help girls build:

- Making & keeping friends
- Conversational skills
- Confidence with peers
- Conflict resolution skills
- A sense of empowerment
- Skills to deal with mean behavior & bullying
- Awareness of social cues
- Personal safety skills
- Self-care & positive mindset
- Skills to cope with social anxiety



Institute for Girls' Development  
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To learn more or set up your personal pre-group meeting, contact **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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[www.InstituteForGirlsDevelopment.com](http://www.InstituteForGirlsDevelopment.com)  
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