



# Young Women's Group

Groups available for women ages 18 - 35

**Connect with your “authentic self”**  
**Develop a sense of empowerment**  
**Experience mutual, growth-fostering relationships**

## **Our groups are designed to help you:**

- Develop skills for successful life transitions (school, work, relationships)
- Feel more confident in managing anxiety, depression and stress
- Learn more ways to heal from loss & trauma
- Enhance positive feelings about your body
- Find educational & vocational direction
- Nurture your creative self



Institute for Girls' Development  
95 N. Marengo Ave., Suite 205  
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626.585.8075

[InstituteForGirlsDevelopment.com](http://InstituteForGirlsDevelopment.com)

**To learn more or set up your personal pre-group meeting, contact us at 626.585.8075, ext. 108**

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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](http://www.InstituteForGirlsDevelopment.com)  
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