



## Elementary Groups

Skill-Building Weekly Therapy Groups for Girls Ages 5 - 12

institute for *girls'* development<sup>®</sup>

### Peaceful Me™ with Mindful Parenting

Thursdays 5 - 6pm / Ages 5 - 8 + Parents

### Superflex Academy

Mondays 3:45 - 4:45pm / Ages 7 - 10

### Girl Power

Tuesdays 4:45 - 5:45pm / Ages 9 - 12

Two concurrent groups for girls and parents - Crafts, songs, games, mindfulness, and movement are used to build coping and emotional regulation skills, while parents benefit from discussion and camaraderie.

Build friendship and emotional regulation skills while reducing anxiety. Learn tools to improve attention, impulsivity, flexibility and reading social cues.

Gain confidence, enjoy connection through fun activities and conversation, and acquire skills to maintain healthy friendships and manage big feelings.

If you're part of our DBT program, you'll join **DBT-Informed Wave Riders™** for girls ages 9 -11 and parents, Wednesdays 5:30 - 6:30pm.

Offered in combination with individual therapy and parent coaching. Girls build skills to ride the waves of big emotions and behaviors; parents learn to help guide behaviors in a positive way while improving relationships.

Call 626-585-8075 ext. 108 learn more.