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

Institute for Girls’ Development®

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,
Wednesday 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.

Empowering girls & women for life ° InstituteForGirlsDevelopment.com ° Melissa J. Johnson, PhD (PSY 13102)