



## High School Groups

Skill-Building Weekly Therapy Groups for Teen Girls

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

### Explore your Path

Mondays 6 - 7pm

Developed for high school seniors, college students, or those taking time to determine their post-high school paths - prepare for and process the exciting and challenging transitions that accompany this phase of life.

### Rainbow Grit

Mondays 6:15 - 7:15pm

Designed to provide connection, support, and positive coping skills for LGBTQAI youth. A safe, respectful environment to explore identity and authenticity.

### Compassion & Grit

Tuesdays 4 - 5pm

In our high pressured, achievement-oriented culture, research shows that self-compassion can reduce distress and anxiety. Teens build skills around self-compassion to approach life's difficulties with kindness towards themselves and others.

### Girls & Grit High School

Tuesdays 5 - 6pm / Thursdays 6 - 7pm

Build skills for happiness, hardiness, and mindfulness. Connect with others, celebrate successes, and learn strategies to create a positive, fulfilling life.

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

 more groups



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### Teens' Connection

Tuesdays 6 - 7pm

**SOCIAL SKILLS GROUP** - A fun, dynamic group for teens who would benefit from building social skills, learning healthy ways to manage thoughts and feelings, and creating connections with other teens.

### Take ACTION: ACT for Procrastination

Wednesdays 4 - 5:30pm

Procrastination may feel good in the short term, but it can negatively impact your life. Learn to break this habit and replace it with practical solutions.

### Wellness Grit

Wednesdays 5:15 - 6:15pm

Designed for teens who are navigating life with chronic pain. Enjoy camaraderie and support from peers, learn useful tools for meeting life's stresses, and build self-advocacy skills.

If you're part of our comprehensive DBT program, you'll participate in our **Skills for a Life Worth Living DBT Group**, Mondays 5 - 6:30pm.

Offered with individual therapy and parent coaching - gain skills around mindfulness, emotional regulation, interpersonal effectiveness and distress tolerance.

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