Middle School Groups

Skill-Building Weekly Therapy Groups for Girls Ages 11 - 14

Creative Connections
Mondays 5:15 - 6:45pm

Rainbow Grit
Mondays 6:15 - 7:15pm

Girls' Connection
Thursdays 4:45 - 5:45pm

Girls & Grit Middle School
Thursdays 6 - 7pm

Unique art projects, dynamic discussion, mindfulness activities, and interactive skill-building help improve relationships, resilience, and confidence. Summer workshops also available 6/17 - 6/21 and 8/5 - 8/9.

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

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

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

If you're part of our comprehensive DBT program, you'll participate in our middle school Dialectical Behavior Therapy (DBT) Groups.

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

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

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