



Middle School Groups

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

institute for *girls'* development[®]

Creative Connections

Mondays 5:15 - 6:45pm

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.*

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.

Girls' Connection

Thursdays 4:45 - 5:45pm

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.

Girls & Grit Middle School

Thursdays 6 - 7pm

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.