



# EXPLORE YOUR PATH

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

## Weekly Therapy Group

### For High School Seniors, College Freshmen and Sophomores

Headed for college? Already in your first or second year of college? The Institute for Girls Development Young Women's Program is offering a group for you.

Explore Your Path brings together high school seniors, college freshmen and sophomores to discuss the exciting and challenging changes that accompany this time.

**We'll discuss ways to navigate newfound freedom, relationship dynamics, expressing your authentic self, and how to stay safe and sane in a new and changing environment.**

For more information please contact us at 626-585-8075, ext. 108.

Empowering girls & women for life \* 626-585-8075 ext. 108 \* [InstituteForGirlsDevelopment.com](http://InstituteForGirlsDevelopment.com)

Melissa J. Johnson PhD (PSY 13102)