



# GET CONNECTED!

institute for *girls'* development®

## **Weekly Therapy Groups** **Girls' Connection™ for Middle School** **Teens' Connection for High School**

Girls Connection™ (ages 11-14) and Teens' Connection (ages 14-18) are fun, dynamic weekly therapy groups for girls who would benefit from building social skills, learning healthy ways to manage thoughts and feelings, self-reflection and creating connections with other girls of similar age.

Art projects, journaling, games and discussion are used to engage different types of learning styles and interests.

For more information, please contact (626) 585-8075, ext. 108.

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

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