



# GIRLS & GRIT®

institute for *girls'* development®

## Weekly Therapy Group For Middle and High Schoolers

### Building Skills for Happiness, Hardiness & Mindfulness

What does "grit" mean anyway? Courageous, determined, resilient. The kind of stuff it takes to be your real self in today's world.

#### 3 Things Girls Like Best About Girls & Grit® Groups:

1. Finding and giving support in a safe place with other girls
2. Learning more about "inner" skills, the stuff that helps us get through challenging times. Some of these skills include stressing less through mindfulness, gratitude and nurturing body & mind.
3. Practicing "outer" skills, things that can support us from the outside, such as investing in relationships, learning to lead, working through conflict in positive ways, and being empowered advocates for ourselves and others.

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)

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