



LIFE SKILLS FOR LAUNCH

institute for *girls'* development[®]

Weekly Therapy Group For College Age Young Women

Interested in building skills for living on your own?
In six fun, experiential sessions, you'll have
an opportunity to learn and practice essential
life skills within an environment of camaraderie and support.

Make a meal. Make a budget. Practice coping with stress - and more!

This group is designed for students headed to college, in college,
taking a gap year, or transitioning to the next stage of life after school.

To learn more, contact us at 626-585-8075, ext. 108.

Empowering girls & women for life * 626-585-8075 ext. 108 * InstituteForGirlsDevelopment.com

Melissa J. Johnson PhD (PSY 13102)