



WELLNESS GRIT™

institute for *girls'* development®

Weekly Therapy Group For Teens and Young Adults

Did you know that the majority of children and teens suffering from chronic pain in the U.S. are girls?

Our Wellness Grit group is designed for teens who would like to connect with other peers who are navigating life with some kind of chronic pain. Together, the girls will gain and give support and build some useful tools for meeting the stresses unique to their lives. Skills for self-advocacy and building resources are included.

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

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

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