

EMPOWERED:

GIRLS SELF-ESTEEM & EMPOWERMENT GROUP



***Attention 7-12th
Grade Girls***

Key Concepts Covered:

- ◆ Self Esteem
- ◆ Healthy Relationships
- ◆ Coping Skills
- ◆ Managing Emotions
- ◆ Positive Decision Making
- ◆ Personal Boundaries

Today there are more challenges than ever before for girls growing up in our culture. Young girls are facing bullying, violence, and peer pressure at a very early age. Transitions Counseling has developed this curriculum to combat these issues and provide our young girls with effective tools to build their self-esteem and grow into healthy, strong, young women. In this group, girls will learn about healthy relationships, develop and practice the use of effective coping skills, and will be able to make positive decisions in their lives through practicing boundaries and improving confidence.

\$105 5 weeks

Hillcrest Middle School - Media Room
Wednesdays 1/26/21 - 2/23/21
3:30 p.m. - 4:45 p.m.



TRANSITIONS COUNSELING AND CONSULTATION

www.transitionscounselingandconsult.com

Register Online: www.dvUSD.org/community/register

