

Girls Friendship Gathering

Girls 10-12 years old



July 13-August 17th

2:00 pm - 3:30 pm

July 13: Introductions, Sharing, Getting to know you.

July 20: Who Am I? Building self-esteem-Collage.

**July 27: What am I feeling? Anger? Guilt? Sad? Scared?
Calm? Happy? Safe? Confident? Feeling Cards.**

**August 3: Bullying: What can I do about it for myself &
others?**

**August 10: Problem solving: Identifying choices and best
solutions.**

**August 17: Positive thinking: Learning self-talk, affirmation
cards.**

Facilitator Mary Perez, LMFT

RSVP @ 661-4400 Ext 7