

STRENGTHEN HER

Girls Group

Ages 10 - 17

8 Week Group

Saturday 10:30 AM - 12:00 PM

Curriculum Focus:

Body Image

Self-Care & Self-Respect

Recognizing Strengths and

Increasing Confidence

Peer Relationships

Anxiety & Stress Management

Family Issues

Resiliency



(90-minute sessions)

8-week Program

*Insurance not accepted

*Self Pay and Flex funds
accepted

*Ask about transportation

Facilitator:

Alicia Harris



For more information contact

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