

GIRLTALK

Communication and Social Skills Workshops for Girls

Spring 2012 Workshop Series

- Topics include: Relationships with Peers, Body Image, Social Skills, Assertiveness, Problem Solving, Coping Skills, Relaxation skills and Goal Setting
- Groups are interactive and build upon your daughter's strengths, character development, and values. Topics addressed according to different age groups: Tween Girls (Ages 9-11) and Teen Girls (Ages 12-14).

Time	Session	Dates
Mondays from 6:00 – 7:15 pm *Check in at 5:45 pm	Session #1 – <i>"Who I Am"</i> Ages 9-11	February 20 th to April 2 nd
Mondays from 6:00 – 7:15 pm *Check in at 5:45 pm	Session #1A – <i>"Who I Am"</i> Ages 12-14	April 16 th to May 21 st
Mondays from 5:00 - 6:15 pm *Check in at 4:45 pm	Session #2A – <i>"Body Image"</i> Ages 9-11 (4 weeks)	June 4 th to July 16 th
Mondays from 7:00 – 8:15 pm *Check in at 6:45 pm	Session #2 – <i>"Body Image"</i> Ages 12-14 (4 weeks)	June 4 th to July 16 th

Led by Claudia V. Fraga, LCSW and Susana Cetta, LMHC our strengths-based, interactive, skill building approach utilizes a creative and fun format within an emotionally safe setting. Professional Fees: \$40 each session. (\$30 each session if registering for Sessions 1 & 2.)

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