



GROUPS for MIDDLE & HIGH SCHOOL

All of our weekly groups empower girls through

***Self-discovery
Hardiness &
Embodiment***

in a rich environment of growth-fostering connections.

GROUPS FOR MIDDLE & HIGH SCHOOL AND BEYOND

Tools for Teens Groups

Tools groups bring the body and mind together to support the whole girl. Skills learned include: Self-awareness and managing feelings, positive mindset, movement and gentle exercise like yoga, navigating girls' social world, healthy body image and stress management.

Empowering Process Groups

Our process groups provide teen girls the opportunity to identify their most important issues and grow and heal with the benefit of peer group interaction. This journey of self-discovery is offered in an environment of support, respect, and mutual learning.

Social Competency Skills Groups

These groups are ideal for girls & teens who will benefit from specific and focused social skill-building. We integrate complementary skills in the areas of relaxation, self-calming, positive mindset, and self-care.

Dialectical Behavior Therapy Groups

Teens and young adults learn skills to create more of the life they want. Mindfulness, emotional regulation, distress tolerance, and interpersonal effectiveness have been shown through research to help many teens & young adults with regulation challenges.

Young Women's Groups — ages 17 - 25

An exploration of self-discovery and empowerment, our Young Women's Groups focus on issues of emerging adulthood: college, career, social world, changing family relationships, financial literacy, positive body image, tools for coping with emotions, and healthy decision-making.

We will work with you to help select the group that will be of greatest benefit to your daughter.

To learn more or set up your personal pre-group meeting, contact 626.585.8075, ext. 108.



Institute for Girls' Development
95 N. Marengo Ave., Suite 100
Pasadena, CA. 91101
626.585.8075
InstituteForGirlsDevelopment.com

Over for more information about the Institute



institute for girls' development
A Psychological Corporation

ABOUT THE INSTITUTE FOR GIRLS' DEVELOPMENT

Girls and women face incredible opportunities and challenges today.

Here at the Institute for Girls' Development, we are dedicated to empowering girls and women through:

- Self-discovery
- Embodied Living
- Hardiness Skills
- Growth Fostering Relationships

We offer caring, comprehensive, and innovative programs and services for girls, women, families, and circles of community.

THERAPY AND COUNSELING SERVICES

- Individual, Family and Couple Therapy
- Group Therapy Programs
- Dialectical Behavior Therapy Programs
- Young Women's Programs
- New and Young Families Program
- Assessment Services

CENTER FOR EDUCATION PROGRAMS

- Workshops, Trainings, Presentations, Retreats and Consultation
- Summer Workshops (children & teens)
- Be R.E.A.L. (Relationships: Extraordinary, Authentic, and Loving)
- Embodied Living Workshops

INSTITUTE FOR GIRLS' DEVELOPMENT

95 N. Marengo Ave., Suite 100
Pasadena, CA 91101
626.585.8075

www.InstituteForGirlsDevelopment.com
Melissa Johnson, Ph.D., CEO, Psychologist PSY13102

All content copyright © 2012 Institute for Girls' Development

-over for GROUP information-