



Young Women's Group

Groups available for women ages 18 - 35

Connect with your “authentic self”
Develop a sense of empowerment
Experience mutual, growth-fostering relationships

Our groups are designed to help you:

- Develop skills for successful life transitions (school, work, relationships)
- Feel more confident in managing anxiety, depression and stress
- Learn more ways to heal from loss & trauma
- Enhance positive feelings about your body
- Find educational & vocational direction
- Nurture your creative self



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

InstituteForGirlsDevelopment.com

**To learn more about our
Process Groups & Skill-based DBT Groups
or to set up your personal pre-group
meeting, contact us at 626.585.8075, ext. 108**

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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

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Melissa Johnson, Ph.D., CEO, Psychologist PSY13102

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