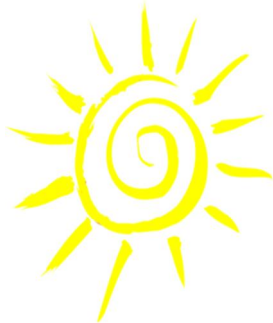


BrightWay Counseling and Wellness Summer 2017

GirlStrong!



This Group will meet Mondays and Wednesdays from 9:00am -11:00am beginning June 5th through June 28th.

Girls going into the 6th and 7th grades this fall.

Focus: Middle school is a big transition for some- In this group each participant will identify her strengths and character, appreciate unique qualities in self and others, get physical, laugh and have fun!

Self Awareness- Who am I? Do my actions match my thoughts and words?

Self-Regulation: Strategies and coping for negative emotions

Whole body wellness- How our thinking and daily habits effect how we feel about ourselves and others. We will incorporate nutrition, physical exercise and healthy body image into the program through snack activities, games, role play and group discussion.

Communication-Socially safe- social media safety, boundaries and red flags and healthy face to face communication with peers, parents and teachers. How and when to speak up. Fun games, activities and role play!

This group will meet for 4 weeks at Brinker Elementary school park pavilion. We will play individual and team games outside, set personal goals, encourage one another and have snack and girl talk in the shade.

\$275 per participant total / 2 hours/2 times per week/ 4 weeks!

Space is limited! Call today! Initial parent meeting and paperwork required.

For more information or to sign up!

Traci Koen @ (214) 478-0314 or www.brightwaycounseling.com

