



## Youth Workshop *Girls—Grades 4, 5, 6*



### **Girls STAND STRONG**

A four-session empowerment and anti-bullying workshop for **Girls in Grades 4, 5, 6**  
Presented by Erin Zeller, LMSW, CTS

The program will focus on teaching important life skills in a setting which encourages group interaction.

- \* *Developing healthy coping strategies and enhancing inner strengths*
- \* *Strategies for resisting peer pressure*
- \* *Developing techniques for girls to STAND STRONG during times of adversity*
- \* *Effectively dealing with bullying, gossip, “mean girls”, etc.*

Youth Sessions: **February 24, March 2, 9** - 6:00-7:30 pm  
Youth with **Parent (Required)** Session: **March 16** - 6:00-7:30 pm  
Pizza served at all sessions



**Space is limited: [register now!](#)**

**Location:**  
Troy School District  
Service Center Building  
4420 Livernois Road, Troy 48098

**To Register:**  
[Click here](#) to sign up and pay the  
\$20 Registration Fee

or go to [TroyYouthAssistance.org](http://TroyYouthAssistance.org)

[TroyYouthAssistance@troy.k12.mi.us](mailto:TroyYouthAssistance@troy.k12.mi.us)

248-823-5095