



Youth Workshop

Girls—Grades 4, 5, 6

January 2022



Girls STAND STRONG

A four-session empowerment and anti-bullying
virtual 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: ***January 24, 31, February 7, 2022*** - 6:00-7:30 pm

Youth with Parent (Required) Session: ***February 14*** - 6:00-7:30 pm



Location:

Virtual workshop via Zoom

To Register:

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

or go to TroyYouthAssistance.org

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

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