



Youth Workshop

Girls—Grades 4, 5, 6

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.***

Wednesday, March 1, 8, 15, 22*, 2023

6:00-7:30pm

Youth attends all 4 sessions

***Parent/Guardian is required to attend last session with youth on March 22**



Location:

Virtual workshop via Zoom

To Register: SPACE IS LIMITED!

Click here to sign up and pay the
\$20 Registration Fee

or go to TroyYouthAssistance.org

Program sponsored by Troy Youth Assistance

TroyYouthAssistance@troy.k12.mi.us

248-823-5095