



## 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.***

Youth Sessions: **March 1, 8, 15** - 6:00-7:30 pm

Youth with **Parent (Required)** Session: **March 22** - 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](http://TroyYouthAssistance.org)

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

**TroyYouthAssistance@troy.k12.mi.us**

**248-823-5095**