



## 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: **November 5, 12, 19** - 6:00-7:30 pm

Youth with **Parent (Required)** Session: **November 26** - 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:

**Email or call Troy Youth Assistance  
\$20 Registration Fee paid in Advance  
to hold your spot**

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

**248-823-5095**