



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, October 26, November 2, 9, 16*, 2022

6:00-7:30pm

***Parent is required to attend last session with youth on Nov. 16**



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!](#)

Program Sponsored by Troy Youth Assistance

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