

# Summer Workshops



## 5 S's of Self Esteem Friday, July 19

A interactive one day event for girls **ages 9-12** years old that focuses on leadership, self esteem education and character development. This group is a mixture of discussion, art, groupwork, and hands on activities that focus on strengthening a girl's sense of self, increases social skills, exploring moral and values development, building healthy relationships, good decision making, and positive choices. A handy tool box for any girl. Grab a friend and learn the 5 S's of Self Esteem.

**9:30 am - 2 pm**

**Cost: \$95 \*Lunch included\***



## Calm, Cool, Capable Kids Saturday, August 10th

Social skill building, friendship development, and anxiety/worry reduction. This event is a fun day filled with hands on activities, art exploration, and group based play. A important resiliency skill building event. Great just before school starts.

**9:30 am - 12:30 pm**

**BOYS & girls Ages 6-9 Cost: \$65**

## Frenemy No More Wednesdays 5:00-6:30pm July 10th-August 14th

No girl should have to find their own way through friendship challenges in the early school years. A six week group led by a licensed and trained specialist who will follow and bring to life Signe Whitson's, Friendships and Other Weapons workbook, helping girls learn the true nature of friendship. Learn how to identify positive qualities in others and yourself and what makes a good friend. Girls will strengthen empathy while learning healthy boundaries with others.

**Ages 9-12 Cost: \$150 (6 Weeks)**

## Beauty Inside and Out Friday, July 12th

Challenging the myths of perfection and combating body shaming, girls **ages 10-14** will learn ways to nourish themselves inside and out. As young woman we need to learn to embrace and love ourselves by how we treat our mind and body. This is a self-esteem building experience with skin care, dietary education, art therapy, aromatherapy, yoga and mindfulness all tapping into their inner positive self. Special guests, and includes a special segment of Superfoods for Super girls held by our licensed dietician Joelle Lefevre.

**Cost: \$ 100 9am - 12:30**



## Healthy Relationships: Self & Others Saturday, August 22

A special workshop designed on skill building for your teens relationship with self, Utilizing DBT (Dialectical Behavioral Therapy) skills including mindfulness and emotion regulation. After lunch the focus will be on that important relationship with others, focusing on interpersonal effectiveness and distress tolerance. Teens will also learn mindfulness techniques. Participants will go home with emotion Regulation tips and tools that they can utilize in home and school.

**This event is for BOYS & girls  
Ages: 13-16  
Cost: \$95 \* Dinner Included \*  
2:30am-6:30pm**

## Frenemies 101 Friday, August 23rd

This **NEW** event includes a day of interactive activities that will address all aspects of making, keeping and maintaining healthy relationships on and off social media. Get ready for a fun, Interactive & confidence building event. Making sure you are a good friend to yourself is key in healthy friends, we will strengthen self worth and increase self esteem with integrating art, music, mindfulness and confidence boosting activities. Includes: Lunch, swag bag of tools.

**Cost \$ 90 Girls Ages 8-11  
9:30 am - 3:30 pm**

## Registration Details

**Workshops and groups are lead by licensed clinical staff trained to work with children and teens. Workshops are focused on building resiliency and confidence while increasing self esteem. A completed waiver and registration form to participate is required. All events provide peanut free snacks, take home projects & other take home items. Events are held at Gals Institute unless otherwise specified. Register online and see further details at [galsinstitute.com](http://galsinstitute.com) events page or call 262-337-9770**

