

Gals Institute Spring Workshops & Groups



DIY Self Expression Day™

Join us for a day of building on your daughter's artistic self expression. This workshop works on character development and learning how to use art as a way to relieve stress. Perfect timing close to Mother's Day as your daughter will be creating a special gift for mom. Participants will go home with a swag bag with up to 4 creations.

This event is for Girls - Ages 8-11

Saturday, April 20th, 9am-12 noon

Cost: \$90 Includes Swag Bag, all art supplies and peanut free snacks.

Healthy Relationships: Self & Others

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: 12-14

Cost: \$95 Saturday April 27, 9:30am-1:30pm

*** Lunch to be included***

The 5 S's of Self Esteem™

An interactive one day event for girls 4th-7th grade that will be focused on leadership, self esteem education and character development. This group is a mixture of discussion, teamwork, and hands on activities that focus on strengthening a girl's sense of self, social skills, exploring moral and values development, building healthy relationships, good decision making, and positive choices. A great event to prepare for the new year.

This event is for girls - Ages 9-12

Saturday, April 13th, 10:00am - 2:30 pm

Cost: \$95 *Lunch to be included*

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Frenemy No More™

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.

This event is for girls - Ages 9-12

Cost: \$150 (6 Weeks)

Starting April 3 - May 8th

Wednesdays, 5:30-6:30pm

New Directions™

Loss and change takes many forms and can leave its impact on us physically, emotionally, and mentally. Often, people are left thinking 'now what' as they navigate their new normal and work to heal and move forward. Join us as we support one another on this common ground, taking new directions. Learn how to set goals, set limits and change old patterns that keep us stuck.

Who: Adults facing loss through divorce/separation, death, illness, empty nests and other challenges.

March 18 th - April 23, Tuesday evenings 7-8 pm

Cost: \$120 (6 Weeks)



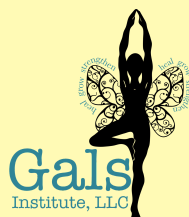
Do you know someone who would like to participate in one of our events but cant afford the cost of registration? Want to sponsor a participant?

Contact us about our foundation that is raising funds for scholarships.

galsontheproject@gmail.com

Important Information about Workshops & Events: Workshops and events are lead by licensed clinical staff trained to work with children and teens. Gals Institute events are focused on building resiliency and confidence while increasing self esteem. All events require a completed waiver and registration form to participate. All events provide peanut free snacks, take home projects & swag bags.

Events are held at Gals Institute unless otherwise specified. Register online and see further details at galsinstitute.com events page or call 262-337-9770



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