

# Gals Institute Summer Workshops & Groups

## The 5 S's of Self Esteem<sup>©</sup>

An interactive one day event for girls 5th-8th grade that will be focused on leadership, and self esteem education and development. This group is a mixture of discussion, teamwork, and hands on activities that focus on strengthening a girl's sense of self, exploring moral and values development, healthy relationships, good decision making, and positive choices. A great event to prepare for the start of a new school year.

**This event is for girls - Ages 10-13**

**Cost: \$95 - Friday August 24th, 10:00am - 3:00pm**

**\*Lunch to be included\***

## Learn to Chill

### Regulating Emotions & Moods Group

A Dialectical Behavioral Techniques group (DBT) where teens learn skills in how to respond and react in relationships and difficult situations. Teens will discuss healthy communication with peers, parents, and others in their lives and learn to regulate moods and read their body in a way to maintain control and use their voice in a positive way. A great group for teens looking to better their relationships with others.

**This event is for boys & girls - ages 13-17**

**Cost: \$150 (six weeks)**

**Mondays, starting June 4th, 5:30-6:30pm**

## 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)**

**Wednesdays, starting July 11th, 5:30-6:45pm,**

***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](http://galsinstitute.com) events page or call 262-337-9770



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