

# Gals Institute Summer Workshops & Groups



## Resiliency 1, 2, 3

Our newest event created for boys. Focus will be on building social skills, leadership development, and how to manage becoming a young man in today's society. Helping create a balance of empathy and character that can create leaders. This event includes group work, individual character development, and hands on team building activities.

**This event is for boys - Ages 11-13**

**Cost: \$75 - Friday July 20th, 9:00am - 12:00pm**

## Calm, Cool, Capable Kids<sup>©</sup>

Join our skilled team in focusing on feelings identification, positive peer interactions, and emotion regulation. This event is a fun filled day with art exploration, hands on and group based activities, and calming strategies. Your child will leave with tips and tools to identify feelings, reduce anxiety, and manage emotions in a healthy way.

**This event is for boys & girls - Ages 6-9**

**Cost: \$65 - Friday August 3rd, 9:00am- 12:00pm**

## Healthy Relationships with<sup>©</sup> Self & Others

Do relationships control your mood? Are you emotionally tied to what others are doing on social media? Does being in a relationship define who you are? This group discusses healthy communication skills and helps girls identify healthy vs. unhealthy relationships. The group will learn tools to be able to challenge negative self image and learn how to manage relationships in a healthy way.

**This event is for girls - Ages 13-15**

**Cost: \$ 150 (6 Weeks)**

**Wednesdays, starting July 11th, 4:00-5:15pm**



***Do you know someone who would like to participate in our events but can't afford the cost of registration? Want to sponsor a participant? Contact us about our foundation that is raising funds for scholarships.***

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