

CREATING A FAMILY PLAN



THE DETAILS

Do you have problems with managing device use in your home? Do you feel like you yourself like a tape recorder? Blending families or co-parenting struggles? Gals Institute is here to help. Let us help you create a family mission, set expectations and create a plan that everyone in the family will love and agree on.

Wednesday December 13th @ 7:15 - 8:30
Gals Institute 394 Williamstowne, Delafield
Register @ [galsinstitute](http://galsinstitute.com)
Cost: \$30 Per Family (Parents Only Event)
Mention Screenagers and get \$5 off any
of our listed events on this flyer



Gals Institute Fall Programs

Calm, Cool, Capable Kids

Join our skilled team in focusing on 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. Your child will leave with tips and tools to reduce anxiety, initiate relationships in a healthy way. This event is for BOYS & girls Ages 6-9

Cost: \$65 (includes snack & art supplies)

Saturday, November 4th, 9am -12:30pm

Frenemies Series: How to make and keep healthy friendships in a mean girl society

Ready for your daughter to have a confidence boosting experience? GALS is offering our popular event that addresses all aspects of making, keeping and maintaining healthy relationships. A fun, Interactive & confidence building event where girls learn how to find those healthy friendships that compliment their unique self. The afternoon will end with 2 hours of self exploration through mindfulness exercises, art creations and Gals Institute confidence building activities. Girls Ages 9-12
*Lunch with a kick off chat, swag bag and activity supplies included. Saturday December 9th, 12-4:30 pm Cost \$ 75

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 and increasing self esteem. All Events require a completed waiver and registration form to participate.

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