

You Grow Girl

Be Bold, Be Brave, Be You!

Group for Girls who want to THRIVE in School and Life!



Join us and you will:

- Make new friends
- Learn ways to problem solve
- Let go of self—doubt and gain confidence
- Learn coping skills and how to deal with drama
- Improve social skills and resolve conflicts

Topics: **Self –Esteem, Navigating Friendships, Managing Peer Pressure, Problem Solving**

Dates: **Wednesday's 1/29, 2/5, 2/12, 2/19**

Times: **During your Lunch period (4th or 5th)**

Location: **The Counseling Office Rm 26**

If you have any questions about the topics or need more information regarding how to join come speak to

Ms. Molina or Mrs. Cruz in the Counseling Office (Rm 26)

I _____, _____ am interested in being a part of the Girls Group.

(Student Name)

(Student ID #)

I have lunch during:

4th period

5th period