



PEACEFUL ME™

institute for *girls' development*®

Thursdays 5pm - 6:15pm
For Girls Ages 6 to 8

Join us for a unique therapy group designed to help girls connect, have fun, and learn more about the ins and outs of emotional regulation.

Using crafts, songs, games, mindfulness skills, and movement, girls will learn how our brains, bodies, and emotions all link together - and they'll build helpful skills to manage big emotions and foster confidence, calm, and connection.



Girls will benefit from the coping skills they need to navigate their experiences and the world around them - while enjoying stories, music and fun!

We'd love to answer any questions you may have; call us at 626-585-8075, ext. 108.

Empowering for all stages of life * InstituteForGirlsDevelopment.com

Melissa J. Johnson PhD (PSY 13102)