



WAVERIDERS™

institute for *girls'* development®

Weekly Therapy Group

For Girls Ages 7-11 and Their Parents

**Do you know a girl who struggles with big feelings,
expressing them in big ways?**

This program has been designed to support elementary school aged girls build knowledge and skills as they ride the waves of big emotions and big behaviors. The goal is to help girls learn and practice skills to manage their emotions while building self-esteem and empowerment. In addition, parents gain tools of their own to manage behaviors while maintaining a positive relationship with their daughters.

WaveRiders™ includes several forms of treatment: individual therapy, and a weekly skills group for girls and their parents. Available add-ons: parent coaching sessions and phone coaching for parents.

For more information please contact us at 626-585-8075, ext. 108.

Empowering girls & women for life * 626-585-8075 ext. 108 * InstituteForGirlsDevelopment.com

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