



**WHATEVER IS GOOD  
FOR YOUR SOUL - DO THAT.**

institute for *girls'* development®

Individual, Family, Parenting & Group Therapy  
Plus Fun, Interactive Workshops for Girls, Parenting Resources & Professional Training

Empowering girls & women for life \* 626-585-8075 ext. 108 \* [instituteforgirlsdevelopment.com](http://instituteforgirlsdevelopment.com)

Melissa J. Johnson PhD (PSY 13102)

# Young Women's Program

for women ages 17-35

## Individual Therapy for Young Women

Therapy for individuals (including couples and families), provides a safe place to explore oneself, heal, and develop new skills and strategies for coping.

## Group Therapy for Young Women

### Explore Your Path

For high school seniors, college freshmen, sophomores, and juniors to support the transition into college and/or work life.

### Walk Your Path

For college seniors and recent grads, graduate students, and early career professionals to explore their many roles and learn to cope with the intersections of career, culture, relationships, academics, and family.

## Young Women's DBT Program

A Comprehensive Dialectical Behavioral Therapy program, mindfulness-based and skills-oriented. We provide individual DBT therapy, a DBT skills group, and phone coaching as part of the comprehensive program.