

Learning to Be Me, A Group for Girls Ages 8-10

January 10, 17, 24th and 31st 2024
Four - Week Workshop

Facilitated by: Jennifer Schenn-Visentini, BSW, RSW
Co-Facilitated with some special guests

Join Jen for four weeks of exploring the thoughts, feelings, and emotions that many 8-10 year old girls experience.

Topics include:

- **Friendships (dealing with peers and developing healthy relationships)**
- **Communication skills with parents, caregivers, siblings and friends**
- **Anxiety**
- **Self esteem and Body image**
- **Jealousy**
- **Peer pressure**
- **Social media**
- **Post covid**

Wednesday evenings, 6:00 – 8:00 p.m.
Cost is \$300.00 per participant.

To register or for more information email info@broadwaytherapy.ca or call (306) 653-3232. Information is also available at www.broadwaytherapy.ca