

New Group!

# Be Kind and Real: A Group for Girls

Practicing the art of assertive communication and friendship.

Wednesdays, 3:00-3:50 pm  
Meeting dates: January 17, 24, 31,  
Feb. 7, 14, 21, 2018.

Open to girls 8 to 10 years-old.

**Instructor:**

**Erin Crowley, Child and Adolescent Therapist**



Girls, are you ready to stop the drama and get real? Have you longed for consistently kind relationships? Would you like to know how to deal with conflict in a way that can make you closer to your friends? This new class will help students practice all of these skills and more, during fun and interactive sessions.

The group will engage in activities and role-plays that deal with familiar friendship issues, empowering participants to:

- Identify barriers to feeling good about themselves and how to overcome them,
- Utilize communication skills that will sustain good feelings about themselves,
- Differentiate between positive and negative social interactions and feel more connected with other girls in and outside of the group.
- Develop insight into their emotional world and how it is linked to their behavior.

The girls will learn how to share and listen with kindness, as well as practice how to work through conflict. Most of all, we will be enjoying a safe space to be real and nurture healthy connections with other girls.

Classes are held at the Center for Developing Minds. Course fee is \$450 for six class sessions. Class size is limited to provide participants with personal attention. Parent orientation session will be held the evening of January 16 at 7:00pm.



To register for these programs, please contact the Center for Developing Minds at 408.358.1853  
[www.devminds.com](http://www.devminds.com)

© 2018 by Center for Developing Minds. All rights reserved.