

# How to Middle School

## Expressive Arts Group for Girls Addressing Anxiety and Building Confidence

**Mondays, 4:00 to 5:00 pm.**

**September 12, 19, 26 and  
October 3, 2022.**



**Is your tween/young teen lacking confidence? Is she anxious, irritable, or withdrawn?  
Would you love your daughter to start the school year with a new outlook?**

Some adolescents are incredibly hard on themselves. They may not feel happy about the good things they accomplish, or they procrastinate and avoid studying, practicing, or attending social events for fear of being judged and not doing it “perfectly.” This group will address the many ways that anxiety, perfectionism, academic and social stress get in the way and can hold us back.

Through art, games and discussion, group members can:

- learn to recognize and transform the patterns of thoughts and actions that have not served them well and kept them stuck,
- address their inner critics, explore new ways of thinking, and learn ways to embrace the imperfections that make us each unique,
- improve interpersonal communication skills, and
- recognize that they are not alone.

**Your student is invited to be a part of a safe, creative, supportive circle of others!**

This group is for 11- to 13-year-old girls. Sessions are held at the Center for Developing Minds and will be led by therapist, Julie Tucker, LMFT. Course fee is \$400.00 for the four-session group. Sign up early – class size is limited to provide participants with personal attention and to foster cohesive group learning. Please register with the clinic in advance.



To register for this program, please contact the Center for Developing Minds at 408.358.1853

[www.devminds.com](http://www.devminds.com)

© 2022 by Center for Developing Minds. All rights reserved.