Just as You Are

Expressive Arts Group for Girls

Addressing Anxiety and Building Confidence

Wednesdays:
4:00 to 5:00 pm

Meeting dates:
January 20 – February 24, 2027.
Instructor:
Julie Tucker, Marriage & Family Therapist



Is your tween/young teen lacking confidence? Is she anxious, irritable, or withdrawn? Would you like your daughter to finish the school year with a positive outlook?

Some adolescents are incredibly hard on themselves. They may not feel happy about the good things that they accomplish, or they procrastinate and avoid studying, practicing, or attending social events out of fear of being judged and not doing it "perfectly." This group will address the many ways that anxiety, perfectionism, and academic and social stress get in the way and prevent your teen from living the life they really want.

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 critic -- explore new ways of thinking and learn to embrace the imperfections that make us unique.
- Improve their interpersonal communication skills.
- Recognize that they are not alone.

The group is designed for 11- to 13-year-old girls and sessions are held at the Center for Developing Minds. Course fee is $600.00 for the six class meetings. Class size is limited to provide participants with personal attention and to foster cohesive group learning. Please contact the clinic to schedule an intake appointment with the class instructor to confirm enrollment.

Your daughter is invited to be a part of a safe, creative, and supportive circle of others!

To register for these programs, please contact the Center for Developing Minds at 408.358.1853
www.devminds.com
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