



THE GIRLHOOD GROUP

SATURDAYS

10:00AM - 11:30AM, OR
12:00PM - 1:30PM

JULY 12, 19, 26
& AUGUST 2, 9, 16

AGES 13-17

Join us for... vision boarding, mindfulness, grounding, tips
for self regulating, social connection, and more!

EMAIL JENNIFER, JKENNEDY@LIFEBACKNJ.COM, OR HANNAH,
HWHITE@LIFEBACKNJ.COM, FOR MORE INFORMATION, AND
TO RESERVE YOUR SPOT!

THIS GROUP IS FOR YOU IF...

You want to **connect** with other girls your age!

You want to **feel** better about yourself!

You want to **prepare** for the next school year!

You want to **learn** skills to cope with your stress!

You want to **work** towards your future goals!

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WHO: ADOLESCENT & TEEN GIRLS

WHAT: CREATIVE CONNECTION, SOCIAL SUPPORT, & EDUCATION

WHEN: SATURDAYS DURING THE SUMMER @ 10 AM OR 12 PM

WHERE: LIFEBACK'S OFFICE IN LAWRENCEVILLE

WHY: BECAUSE THE BEST TIME TO SUPPORT YOURSELF IS NOW!

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GROUP FORMAT

10am/12pm - Check In & Discuss Previous Week

10:30am/12:30pm - Discussion of New Topic

11am/1pm - Applying What You Have Learned

11:30am/1:30pm - Finish :)

WEEKLY TOPICS:

WEEK ONE: INTRODUCTIONS & VISION BOARDS

Introduce yourself to others, and to yourself! Who are you? Who would you like to be? What parts of yourself do you feel the best about?

WEEK TWO: POSITIVE AFFIRMATIONS & SELF LOVE

Practice offering words of love and encouragement to yourself and others! What does your self portrait look like?

WEEK THREE: SUPERPOWERS & SELF-REGULATING

What are the superpowers of your personality? What makes you unique? How can you get closer to yourself? How would you like to show up for others?

WEEK FOUR: MINDFULNESS & GROUNDING IN NATURE

What does mindfulness mean? What does mindfulness look like to you? How can we find mindfulness in the world around us? In our daily lives?

WEEK FIVE: THE BRAIN, THE BODY, AND OUR EMOTIONS

What is the relationship between your mind and your body, and how does that influence the way we feel? How can we set ourselves up for emotional success?

WEEK SIX: TYING IT ALL TOGETHER WITH GRATITUDE

Finalize your vision board, reflect on what you have learned, and spend time connecting with those who have been with you along this journey!