

# **Teen Girls Group**

Grades 10-12 Wednesday evenings

**Sessions via Zoom during pandemic**

A safe, confidential space designed to nurture,  
inspire and connect high school girls:

Build confidence and self-esteem

Learn decision-making skills

Develop strategies for dealing with difficult relationships

Discover strengths

Navigate friendships

Explore media messages and body image

Strategies for managing school stress

Location: Building Bridges

**(currently on zoom during pandemic)**

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Call for more information

May be covered by some insurances