



## Youth Workshop *Girls—Grades 4, 5, 6*



### ***Girls STAND STRONG***

A four-session empowerment and anti-bullying group for girls in Grades 4, 5, 6. **Presented by Erin Zeller, LMSW, CTS.** The program will focus on teaching important life skills in a setting which encourages group interaction.

- \* ***Developing healthy coping strategies and enhancing inner strengths***
- \* ***Strategies for resisting peer pressure***
- \* ***Developing techniques for girls to STAND STRONG during times of adversity***
- \* ***Effectively dealing with bullying, gossip, “mean girls”, etc.***

Youth Session: ***February 26, March 5, 12*** - 6:00-7:30 pm, pizza included.  
***March 19*** - 6:00-7:30 pm, pizza included.  
(Required session for Parent and Youth)



***Sign Up Today!***

#### Location:

**Troy School District Services Building  
4420 Livernois Road, Troy 48098**

***Space is limited: register now!***

#### To Register:

**Email or call TYA  
\$10 Registration Fee Paid in Advance**