



Marvelous  
Minds

Presents:

*Watch Me Grow:*

*Growing Skills & Blossoming Self-Confidence*

A Summer Therapy Group for Elementary, Middle, and High School Girls.

This 8-week program was created for girls who need support to manage anxiety, grow confidence, and foster healthy relationships. Watch as your daughter grows her skill set and blossoms into a self-assured young woman.

Each week the girls will learn new DBT and CBT skills to achieve their individualized goals in the program. They will build a "tool kit" of skills to refer back to for years to come. They will receive a potted flower to nurture as they learn to nurture themselves. They will also receive a journal and weekly journal assignments to aid in building healthy habits. Throughout the program we will use art projects such as affirmation bracelets that the girls will carry with them well-past the program to remind them of their growth and new skills.

Wednesdays, June 7th through July 27th

Middle and High School Girls 10-11:30am

Tuesdays, June 6th through July 26th

3rd-5th Grade Girls 10-11:30am

Please email Ania at [aschening@marvelousminds.net](mailto:aschening@marvelousminds.net) or call the office at (630)474-4353 with any questions and to register for the program.