

# Girl Power

A social skills group for girls ages 8-12

Mondays, January 30<sup>th</sup> through March 12<sup>th</sup>

5:00-6:30 p.m. (6 sessions)

\*We will skip the week of Mardi Gras

Jewish Family Service

3330 W. Esplanade Ave. Suite 600, Metairie

Space is limited. Pre-registration is required!

\$240 for seven sessions,

(6 group sessions and an individual session)

*\*Sliding fee scale based on income is available*

Girl Power is a self-esteem and social skills group open to 8 to 12-year-old girls, which helps foster positive feelings of self-worth.

All of the Girl Power activities are designed to:

- ❖ Increase self-confidence
- ❖ Teach participants how to deal with stress and anxiety
- ❖ Encourage positive friendships
- ❖ Teach participants the skills to make positive choices
- ❖ Develop skills to handle peer pressure and bullying
- ❖ Teach participants skills to communicate their feelings



**To register or for additional information,  
please call Rachel Lazarus, LMSW at (504) 831-8475.**

Jewish Family Service is a United Way agency and provides a comprehensive variety of services by an experienced and highly qualified staff on a non-denominational basis. Sliding fee scale based on income is available. For additional information call (504) 831-8475, or visit our website: [www.jfsneworleans.org](http://www.jfsneworleans.org).

