

# GIRL POWER

**A SELF-ESTEEM GROUP FOR GIRLS**

Tuesdays

February 3 through March 17, 2009

*(No group on Mardi Gras day)*

6:00 - 7:00 p.m.



Jewish Family Service  
3330 West Esplanade Avenue, Suite 600  
Metairie, LA 70002

Space is limited. Pre-registration is required!

\$125 for six sessions\*

\*Sliding fee scale based on income is available

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

All of the Girl Power activities are designed to:

- ❖ Increase self-confidence
- ❖ Help participants feel happier with who they are
- ❖ Teach participants how to deal with stress and anxiety
- ❖ Encourage positive friendships
- ❖ Develop skills to handle peer pressure and bullying
- ❖ Teach participants the skills to make positive choices

Girl Power activities include:

- ❖ Arts and crafts
- ❖ Collage making
- ❖ Group discussions
- ❖ Group games



**To register, or for additional information,  
please call Sharon at 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).