

# ELK GROVE TOWNSHIP YOUTH SERVICES

## GIRL POWER

### A GIRLS EMPOWERMENT GROUP

### FALL 2016



Space is Limited Register Early

Groups will meet at Youth Services, 401 W. Golf Rd. Mt. Prospect, IL 60056

### WHAT IS GIRL POWER?

A group for girls to help strengthen self-esteem and self-perception. To promote awareness about how certain environments can affect self-esteem and promote resiliency.

#### WHOM:

Separate groups are designed for tweens and teens.

#### WHEN:

Mondays, September 12<sup>th</sup> - November 28<sup>th</sup>

\*No groups on October 10<sup>th</sup> & October 31<sup>st</sup>

#### GROUP TIMES:

4:45pm to 6:15pm and 6:30pm to 8:00pm

#### TOPICS WILL INCLUDE:

Promoting self-esteem, Creating a positive self-image, Handling peer pressure, Health and fitness, and Becoming a positive role model

#### COST:

\$110.00 for the eleven week session. Partial scholarships maybe available for Elk Grove Township Residents

For more information contact: Renee Dorn, Challenge Coordinator  
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