

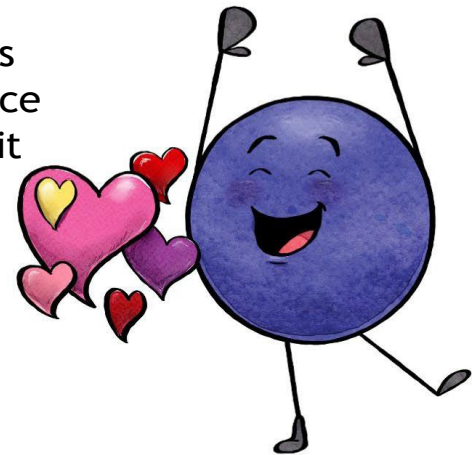
dear FAMILIES,

Talk-a-While is running a 2023 Summer Confident Girls Group (ages 9-12) to learn and practice valuable confidence and self-love skills.

The group of girls will learn and practice the following skills:

1. Helpful Self-Talk
2. Positive Affirmations
3. Recognizing Personal Strengths and positive qualities
4. Comparing current performance to past performance
5. Changing perspectives of past experiences that limit personal growth.

The group will meet from July 10th - July 13th (Monday through Thursday) from 9 - 11 am.



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Topics of the Group will include:

- Helpful Self-Talk
- Positive Affirmations
- Personal Strengths
- Joy of Comparisons
- Celebrating Achievements
- Personal Qualities
- Rewriting Old Stories
- Using My Voice
- End of Group Celebration

To enroll, email info@talkawhile.org

Cost: \$330 for 4-day Program!

A 15-min screening is required for placement.

We are limiting the group to 8 girls, and the group will be led by Zoila Wichmann, LMFT (licensed therapist).

A superbill will be provided for therapy groups with CPT 90853 should you seek reimbursement.



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