

Full of Ourselves: A Girls Empowerment Program

Center for Psychological Services
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About Our Program

The Center is proud to present a 4-week summer program for middle school (ages 11-14) girls. This twice-weekly, 8-session program will promote **positive body image, healthy choices, peer relationships, and female leadership.**

The group will explore social media messages about looks and weight, and will encourage thoughtful discussion about values to **increase self-acceptance** in a fun, positive atmosphere. When you attend, expect a variety of creative activities that include **art, yoga, mindfulness, and role-playing** while enjoying healthy snacks. Groups are structured to speak with girls on their level, in a language they will comprehend. The sessions will help girls explore values in their own peer group and provide talking points so that the conversation can continue at home.

Ages

- Middle school girls (ages 11-14)

Dates & Times

- Tuesdays & Thursdays
- June 16 - July 16
- Will not meet June 30 or July 2



Location

125 Coulter Ave., Ardmore, PA 19003

For more information, please contact Emily Herber McLean, LPC at 610-642-4873 ext. 63.
You can also visit our website at www.centerpsych.com!