



Class	Junior Level Themes
1	Getting to Know Each Other: <ul style="list-style-type: none"> • What do we have in common? • How are we each unique?
2	Understanding and Celebrating Who We Are: <ul style="list-style-type: none"> • What can we learn/not learn from diagnoses? • How do we explain LD and ADHD to others?
3	Chill Time: <ul style="list-style-type: none"> • How can we pay attention to our thoughts and feelings? • How can we be in-charge of our thoughts and feelings?
4	Making Good Decisions: <ul style="list-style-type: none"> • How do I connect with others? • How do I know what is right or wrong for me?
5	Trying new strategies: <ul style="list-style-type: none"> • What parts of my day are the most difficult? • What helps me keep myself organized?
6	How I see myself: <ul style="list-style-type: none"> • Self-acceptance and self-compassion • Puberty and body image
7	Being Assertive: <ul style="list-style-type: none"> • How can I advocate for myself? • How do I know if I am being too passive or too aggressive?
8	Reflecting Back and Saying Good-bye: <ul style="list-style-type: none"> • What knowledge and strategies am I taking with me? • What are my wishes for myself and everyone else?

Two different parent workshops are offered (at the same time as the girls' session) TBA