



Girls Only!

Empowering & Connecting
Girls with LD/ADHD

| Class | Teen Level Themes |
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| 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 from diagnoses? • What don't we learn from diagnoses? |
| 3 | Managing our Emotions <ul style="list-style-type: none"> • When do emotions come in the way of learning, decision-making, and relationships? • How can I better regulate my emotions for better outcomes? |
| 4 | Fostering Self-Esteem and Positive Body Image <ul style="list-style-type: none"> • What is self-esteem? How I develop healthy self-esteem? • What are the myths of ideal body image? How do I stand up to those myths? |
| 5 | Trying new strategies: <ul style="list-style-type: none"> • What new strategies can I implement to better manage my day-to-day tasks • How can I advocate more for myself? |
| 6 | Interacting with others <ul style="list-style-type: none"> • How can I deal with negative peer influences? • How can I use the Internet and social media more responsibly? |
| 7 | Healthy relationships <ul style="list-style-type: none"> • How do I know if a relationship is good for me? • What are my 'deal breakers' in a relationship? |
| 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 me and everyone else? |

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