



# GIRL TALK

CREATE THE THINGS YOU WISH EXISTED

GIRL TALK IS A WEEKLY  
EMPOWERMENT GROUP  
INSPIRING GIRLS TO IGNITE THEIR  
PASSIONS AND LIVE CONFIDENTLY.

THE CENTER FOR HEALTHY MINDS  
222 ROCKAWAY TURNPIKE  
CEDARHURST NY 11516

## TOPICS WILL INCLUDE:

- SOCIAL SKILLS
- EMOTIONAL REGULATION
- COMMUNICATION SKILLS
- STRESS MANAGEMENT
- CONFLICT RESOLUTION
- SELF-ESTEEM

FOR MORE INFORMATION PLEASE CONTACT:

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4TH/5TH GRADE AND MIDDLE SCHOOL GROUPS NOW FORMING. 8 CONSECUTIVE  
SUNDAY EVENINGS BEGINNING OCTOBER 14TH. CONTACT US TO SCHEDULE  
YOUR INTAKE.