

Middle School Girls Group

Grades 6-8

Starting Fall 2011 Wednesday evenings

**A safe, confidential space designed to nurture,
inspire and connect middle school girls**

**Build confidence and self-esteem
Learn decision-making skills
Develop strategies for dealing with difficult peers
Discover strengths
Navigate friendships
Understand relationships**

*media messages ★ body image ★ school stuff
boundaries ★ communication*

**Location: Building Bridges
42 East Front Street
Media, PA 19063**

**Marcy Seminoff, LCSW
(610) 328-6751**

www.MarcySeminoff.com

Call for more information / May be covered by some insurances