

# Goddess In Every Girl



A group that helps support and empower young women to:

-  Build healthy relationships
-  Promote positive self-esteem
-  Encourage self-acceptance and self-nurturance
-  Decrease depression and anxiety
-  Create healthy boundaries
-  Identify and develop personal strengths
-  Correct faulty core beliefs
-  Foster healthy self-image and good eating habits
-  Create acceptance for others

Through varied activities including group discussion, art, dance and journaling!

**“Always be a first rate version of yourself, instead of a second-rate version of someone else.”**

**~Judy Garland**

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**A group for young women aged 12-18 that is aimed at addressing relational aggression between girls while building confidence, self worth and positive self identity!**

**“Every time you state what you want or believe, you’re the first to hear it. It’s a message to both you and others about what you think is possible. Don’t put a ceiling on yourself.”**

**~Oprah Winfrey**



## **CONTACT US**

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## **Children's Mental Health of Leeds & Grenville**

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