

Teen Life Workshops for Girls!

- Build confidence
- Worry less
- Have fun with friends



Do you know a teenage girl who could use **more confidence** and wants to learn how to **handle stress with grace and strength**? The Life Workshops is a fun, interactive multi-week program to teach girls that they can be in control of how they feel -- and that there are many healthy options they can choose to deal with stress.

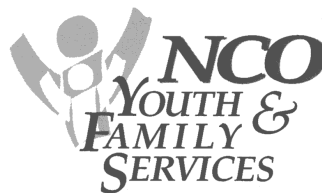
Teenage girls are particularly vulnerable to low self-esteem in this competitive culture. They feel tremendous pressure to look and be perfect in addition to coping with their everyday problems. The Workshops present **self-empowering activities** to inspire teen girls to find their own unique style of dealing with stress and having fun in life.

Workshop activities cover a wide range of experiences from yoga and dance expression, to guided imagery and nutrition. Group discussions center on topics such as **self-care, friendships, social pressures and inner versus outer beauty**. The focus is on letting girls connect with and support each other while trying new activities. Teens who lead healthy lifestyles, think positively and visualize themselves overcoming a problem are less likely to experience depression or anxiety.

Parents attend the last session of this group series to learn about the skills their daughters have been learning to help encourage continued use of their new skills. Additionally, because family support is a protective factor for youth, we have an activity to help parents and teens communicate positively and effectively.

Summer Groups for Jr High and High School Girls are forming now! To register or inquire, please contact Kari Wittmann Lata at (630)717-9408 x2 or kwlata@ncoyouth.org.

- Funded in part by the United Way, scholarships are available if needed.



www.ncoyouth.org

*United Way of Metro Chicago Outstanding Partner of the Year 2006
Naperville Chamber of Commerce 2006 Not-for-Profit Award*