

Group for Teenage Girls: Improving Body Image and Self-Esteem through Art, Photography and Animal Fun!

This 4-week group will consist of art-making, photography (both within group and assignments from week to week), writing, discussion, interactions with animals, and play. It is designed for girls to develop confidence, social skills and self-compassion, enhance creativity and have a renewed connection with nature and animals.

The goals of the group are:

- To enhance body image and self-esteem,
- To share feelings with peers and see that they are not alone
- To have fun with other girls of the same age
- To understand how culture frames how girls should look and behave
- To spend time appreciating natural beauty and the playfulness and vitality (and idiosyncrasies!) of animals
- To develop an appreciation for themselves, just as they are!

Starting July 20th 4-6 PM. The cost is \$120 for the four sessions, which includes materials.



Please contact me if you or a teen you know might be interested:

Cindy Gordon, PhD, ATR-BC
www.HealChangeGrow.com

Phone: 720-491-1533

healchangegrow@gmail.com