



Girl Power

(Ages 9-15)

FEE: \$1,200 (Per Week)

Note: Superbills provided upon request

Week 1: June 26- June 29 (9:00am-12:00pm)

About This Camp

- Support building a stronger self-concept & Self efficacy
- Learning strategies to cope with the anxiety that comes along with relationships, mainstream media and academic pressures.
- Reduce anxiety through group work, self-reflection, and meaningful occupations.
- Topics include: Building and maintaining positive friendships, Social Media and Mainstream Media: How to stay positive in the madness, Academia & Pressures for Perfection & What have I learned about self.

[Register Online](#)

To reserve your child's spot please [complete the online camp sign up form](#) by May 1, 2023. If you have any questions please contact Emily O'Brien (eo@littlehandsot.com)

Signup Link: <https://fs29.formsite.com/littlehands/yqdcywxsnr/index>