



Program: Girl Power

<p>A self-esteem program for girls who have been identified as needing support and understanding around embracing who they are. Girl Power is a fun and engaging program that uses various methods of therapeutic interventions including:</p> <ul style="list-style-type: none"> • Strengths Based Therapy • Psycho education • Emotional Focused Therapy • Expressive/Art Therapy • Interactive Learning • Group conversation/sharing
<p>Who is the Target: Girls 11-12</p>
<p>Outcomes: Better understanding of self and the strengths they have within.</p>
<p>Group Work: Yes</p>
<p>Duration of Session: 4 x 2hours</p>
<p>How many sessions: 4</p>
<p>How many participants maximum and minimum per group: 10</p>
<p>Cost: Through negotiation</p> <p>Includes</p> <ul style="list-style-type: none"> • 4 x 2 hour face to face sessions • Two facilitators • Administration costs • Course resources • 6 hours school/teacher/parents liaison time
<p>What is required from schools? Venue, registration, referrals</p>

To enquire further or make a booking please phone Donna Mahoney on 0414 480 934 or email adminteam@innatetherapies.com