



#EGTYouthServices

Elk Grove Township Youth Services

Supporting Your Child's Mental Health

GIRLS EMPOWERMENT GROUP



Group meets Wed, weekly 1/17 - 3/20

Fees have been waived for Elk Grove Township residents.

Are you looking to provide your daughter an opportunity to be heard?

Through a combination of physical initiatives and group discussions, youth will gain valuable insight into themselves and others. The experience will provide specific skills that will help them socialize appropriately within a group of their peers. We focus on empowering the girls to develop strategies that help manage their daily lives. We will be focusing on the following topics:

- **Self-esteem**
- **Positive self-image**
- **Peer pressure**
- **Positive Role models**
- **Support Network**

6:30 p.m. - 7:45 p.m. (4th - 5th Grade Girls)

This group meets weekly on Wednesdays

Wednesdays January 17th - March 20th

We will meet in the Meeting Hall on the east side of the Township Building

To register or for more information contact Renee Dorn at 847-981-0375, RDorn@elkgrovetownship.com or scan the QR code.



600 Landmeier Road, Elk Grove Village, IL 60007