



# Elk Grove Township Youth Services

Supporting Your Child's Mental Health



#EGTYouthServices

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

## **GIRLS EMPOWERMENT GROUP**

**Empower her to lead!** This program offers girls the chance to develop leadership abilities, boost self-confidence, and foster healthy relationships. It's a path for them to discover their potential, and confidently lead and inspire change in themselves and their community.

### **Key topics include:**

- **Positive & Negative Self Talk**
- **Handling Uncertainty**
- **Developing Leadership Skills**
- **Healthy Relationships**
- **Growing Confidence**

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

*This group meets weekly on Wednesdays*

**Wednesdays April 3rd - May 22nd**

*Fees have been waived for Elk Grove Township residents.*

**To register or for more information contact**

**Renee Dorn at 847-981-0375,**

**[RDorn@elkgrovetownship.com](mailto:RDorn@elkgrovetownship.com)**

**or scan the QR code.**



**600 Landmeier Road, Elk Grove Village, IL 60007**