



FRIENDSHIP RALLY BODY WISE COOL WAYS TO CHILL

Three unique workshops designed for Girl Scout troops and parents



GIRL SCOUTS IN GRADES 3 - 8

will learn strategies for navigating friendships, managing conflicts and more. Workshops can be customized to help meet your badge or Journey requirements.

PARENTS

(or caregivers) will be given tools to support their daughters and help them build on the skills they learned in the workshop.

COST & LOCATION

These 2-hour Friday afternoon workshops cost \$600 and are led by an experienced team offering skills-based curriculum. We're located at 95 Marengo Avenue, Suite 100, in Pasadena.
www.instituteforgirlsdevelopment.com

TEACHING GIRLS HOW TO BUILD HEALTHY FRIENDSHIPS, CONFIDENCE & COMPASSION

Three fun, informative workshops giving girls practical tools to:

- turn friendship challenges into growth opportunities
- become media savvy and talk straight about their bodies
- de-stress in a pressured world

We'd love to work with your troop! To learn more, contact Paige Hobey, Workshop and Community Outreach Director, at 626-378-4300 or PHobey@IFGD.care.