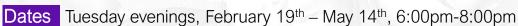
<u>Jou Grow Girl</u> Be Bold Be Brave Be You

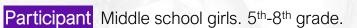
Groups for girls who want to THRIVE in school and in life.

- Make New Friends
- Learn ways to Problem Solve
- Let go of Self-Doubt & Gain Confidence
- Learn Coping Skills & How to Deal with Drama
- Build Leadership Skills
- Gain a Sisterhood & know they are not alone



Topic Self-Esteem, Body Image, Peer Pressure Navigating Friendships, Building Resilience, Handling Transitions, Setting Goals, Managing Stress





Diagnosis Children with Autism, learning Disabilities and/or AD(H)D who are having difficulties interacting and socializing with peers.





- ✓ S.T.E.A.M.
- ✓ GROWTH MINDSET
 - Social Thinking

For more information on our *THRIVE* programs, eligibility and pre-registration, please email info@autismunplugged.ca



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