

You Grow Girl

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

Be Social

Learn the Thinking Behind Social Skills!



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

Dates Tuesday evenings, February 19th – May 14th, 6:00pm-8:00pm

Participant Middle school girls. 5th-8th grade.

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

Thrive

- ✓ 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