

# Girls Empowered

A Creative Arts Support Group



## Offering Techniques To Deal With: The Pressures Of Junior High School

Focusing on: The Unique Emotional  
& Social Changes Girls Face

Topics Include:  
Self Esteem  
Peer Pressure  
Body Image  
Assertiveness  
Relationships

Experience the freedom of being all you were created to be!

This Girls Group is for: 11 - 13 Year Old Girls

**To Register and For More Information**

**Phone 780) 449-1196; [www.sojo.ca](http://www.sojo.ca)**

**Sojourn Wellness Group 150-150 Chippewa Rd. Sherwood Park, AB**

