

We Can Do It!



5th Grade Girls' PEER SUPPORT COMMUNITY

----- SESSION II

WEDNESDAYS, 3:15-4:30 pm

FEB 3RD - MAR 23RD, 2016

Group Facilitator: Lily Cardasis, MA, MFTI

*Assistant facilitator: Sarah Irene Ashley, CASA
Wellness Intern, USF BA Psychology candidate*

Due to high demand, we're delighted announce that we'll be offering another session of our popular 5th grade peer support circle this semester! As a part of our *Kindness is Cool: Bullying Prevention* program, the goal of this group is to create a space of safety for girls to speak their truth while listening to others with openness and non-judgment. Within the safety of our supportive circle, we hope to strengthen resilience, encourage development of healthy self-esteem, and deepen intimacy and empathy in middle school relationships.

Group projects are varied in form and focus, and shaped largely by participant collaboration. This semester we will be reflecting on topics suggested by group members last semester such as introversion/extroversion and gender constructs/identity, and continuing to explore a variety of other relevant issues through discussion, journaling, and artistic mediums.

TO REGISTER:

*Email Lily at cardasiscounseling@gmail.com,
or sign up at <http://www.cardasiscounseling.org/student-wellness-groups>.*

***Please note:** Registration is required for all session II participants, including students who participated last semester*

LILY CARDASIS, MARRIAGE AND FAMILY THERAPIST REGISTERED INTERN, IMF #79631.
SUPERVISED BY ANTHONY GUARNIERI, PhD, MFCC #16878