

# We Can Do It!



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*5<sup>th</sup> Grade*  
**PEER SUPPORT  
& COMMUNITY  
CIRCLE**  
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Weekly Meetings:

**THURSDAYS, 3:15-4:30 PM**

Nov 2 – Dec 21, 2017

Due to high demand, we're delighted announce that we'll be bringing back another session of our popular 5<sup>th</sup> grade community 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 (and others who wish to join and can do so with respect and full participation) 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 in past years, 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](mailto:cardasiscounseling@gmail.com),  
or sign up at <http://www.cardasiscounseling.org/student-wellness-groups>.*

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