

# **GIRLS WITH GRACE AND GRIT JR.**

**FACILITATED BY LIZ CRAIG, MSW**

**Group For Girls Ages 11 to 14**

**This group focuses on empowering young women. Goals include building self esteem, self awareness, and communication skills. Group also addresses the unique challenges and experiences of middle school.**

**Group Meets Tuesdays  
5:15 to 6:15pm, in person at  
our Norfolk Office.**

**\$25 Private Pay**

**Join our ongoing group today!  
<https://transitionsounselinginc.com/workshops-group/>  
Or Call Our Main Office at 781-742-4515**

**Scan For More Info  
and To Register**

