



STAND STRONG!

A PROGRAM FOR MIDDLE SCHOOL GIRLS (gr 7 & 8)

Join Julie Benson & Courtney Bush for a 2-part program focused on building a healthy relationship with yourself, friends, family, and your community.

Confidence, Communication, Relationships & Having the Courage to be Yourself!

Saturday March 23 and 30 from 10:00am—1:30pm (lunch included!)

at 7 Grove Street, Topsfield

Registration Required HERE

(commitment to attend both sessions required)

Through discussion, role play, and fun activities you'll consider:

- ◆ Is the media effecting how I determine my value?
- ◆ What does it mean to be a good friend?
- ◆ How can I be myself while still being part of a group?
- ◆ What impact is social media having on my friendships, my school work, and my relationships with my family?



TOGETHER, we will discover new strategies to take care of yourself, build confidence, improve relationships and make connections that are positive, supportive and empowering!

Let's do Some Big Thinking Together!

Pre-registration is required. [Register HERE](#) or call (978) 887-6512

Scholarships are available to defray cost, please contact [Dawn](#) or [Lisa](#) at TTC.

Space is limited, please register ASAP—Attending both sessions is expected to get the full benefit.

Julie Benson holds dual Masters degrees in Clinical Mental Health Counseling and School Guidance Counseling & Courtney Bush, Ed.S, NCSP, holds an Ed.S. degree in school psychology