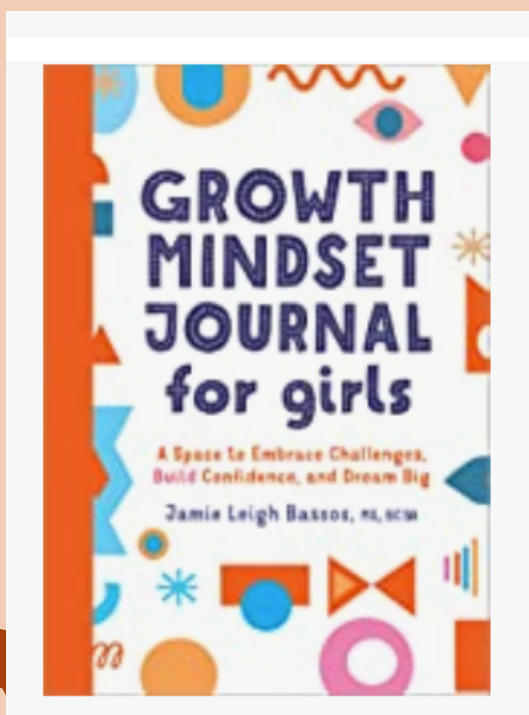


# Growth Mindset for Girls



When young girls believe that they can do anything they dream of, every new situation becomes an opportunity to learn and grow!

This confidence-building group will help any child embrace a growth mindset and discover how capable and smart they really are. With a range of insightful writing prompts, discussions, and group exercises, this group will show girls they can become braver and happier everyday!



- Virtual group for children ages (7-9) and (10-12)
- Must be on 1st grade level with reading and writing skills
- Confidence, Challenging Yourself, Positive Mindset, Goals, Building a Growth Mindset, Compassion, Empathy, and Respect
- Activities: Vision Board, Letter to Self, Compliment Jars, Games, Drawing Activities

6 weeks: 1 hour per week  
3 hours of Caregiver Training

**OPEN REGISTRATION**

**Contact:**

**[cbhsocialskills@continuumgroup.net](mailto:cbhsocialskills@continuumgroup.net)**

