

# Who Run The World?

## **GIRLS**

Facilitated by Kate Breimann

**Thursdays 5-6:30pm | 15 Brickyard Road  
April 4th to May 9th**

For teens 15-17 years old. This group is for anyone that identifies as female. Pizza and drinks provided.

During this six week group, participants will:

- Build confidence
- Learn techniques to help improve self-esteem
- Discuss factors that can make friendships feel hard
- Learn skills to help strengthen our friendships

Interested? Reach out to Kate at 802-316-4115 or [kbreimann@ep.pcc.com](mailto:kbreimann@ep.pcc.com) to register. Or speak with your child's doctor at Essex Pediatrics.