



Girls Can Do Anything...

An 8 week empowerment model for
Middle School & High School Girls

Our strengths-based, skill building approach creates a safe & engaging space for girls to:

- Develop connection & feel included
- Build strong interpersonal skills
- Strengthen self-care & well-being, even under stress
- Dissolve barriers to respect, confidence & empathy

The shortest distance between isolation & belonging is a circle.

Girls Circle specializes in programs built on the research-based model proven to increase girls' self-efficacy, body image, and social support.

Day/Time: Middle School Group - Tuesdays 3:30-5:30pm in Mill Valley
High School Group - Thursdays 4:00-6:00 pm in Mill Valley
Cost: \$75/meeting - Scholarships available ~ Starting soon ~ Call for details!

For your free interview, contact :

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lorraine@teensolutions.info christine@christinedonohue.com

For more info about Girls Circle: www.girlscircle.com



Christine Donohue, MFTi, began working with young women in 1994. She has been running Girls Circle groups at the Novato Youth Center for two years. Christine works with adults, adolescents, couples, and families in her private practice in Mill Valley. For more info. visit www.christinedonohue.com.

Lorraine Platt, Licensed Marriage & Family Therapist, is the co-founder of Teen Solutions. Lorraine has mentored young women for 12 years. She works with adults, adolescents, couples, and families in her private practice in Mill Valley. Visit www.teensolutions.info for more info.



Christine Donohue, MFTi, is supervised by Anthony Guarnieri, PhD, MFT at Mythago Child & Family Guidance.