

# let's talk **G.I.R.L.S**



## when?

Fortnightly Wednesdays

4pm to 6pm

## who?

Young women, non-binary, and  
trans people ages 13-16 (flexible)

## where?

headspace Osborne Park

## what is the group about?

G.I.R.L.S is a closed therapeutic group for young people who identify with the experience of being a teenage girl, and all the challenges that come with it.

The program aims to foster resilience, enhance self-esteem, and promote healthy relationships through guided discussions, activities, and peer support.

The name of the group stands for the values of our program: **G**enuineness, **I**nclusivity, **R**esilience, **L**ove, and strong sense of **S**elf.

# what topics will we cover?

## **Block 1: My relationship with myself**

- Navigating identity
- Body image, self-esteem, and confidence
- Puberty, sexuality, and consent

## **Block 2: My relationship with others**

- Romantic relationships
- Friendships and social dynamics
- Confident communication, assertiveness, and healthy boundaries

### **Please note!**

This is a closed group, which means that participants should try to attend every session. This is because we touch on some sensitive topics, and we want the group to build trust and feel comfortable with each other.



# ready to sign up?

To sign up, scan the QR code and fill out the form, or reach out to us via phone or email.



Because it is a closed group, you may have to wait for the next 'block' of sessions to join. We will contact you when the next block is coming up, but feel free to reach out to check the estimated date.

## still have questions?

Reach out to headspace Osborne Park at



[info@headspaceospk.com.au](mailto:info@headspaceospk.com.au)



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