

Healthy Girls to Healthy Women

Developing the Whole Female

*Young Girls and Young Women need special attention for complicated life issues specifically about them

*The cycle must be broken where we have mentally & emotionally unhealthy adult females because of neglecting these issues in our young girls & young women

*Silence is NOT golden when it pertains to the struggles of life & how to overcome them

*The road to individual greatness starts with a healthy mind & balanced emotions

The Two-Fold Meaning of "Whole"

- 1) Dealing with every aspect of the female-The Whole person
- 2) Bringing a 100% Whole, healthy female to every situation & relationship

Groups by Age
(11-13) (14-16) (17-19) (20-25)

GROUP OBJECTIVES

- **DEFINING THE FEMALE MAKE-UP & THE MANY ROLES OF THE FEMALE**
- **EMBRACING & MANAGING THE EMOTIONAL ASPECT OF THE FEMALE**
- **ASSERTIVE COMMUNICATION**
 - To Build Confidence & Healthy Self-Esteem
 - To Create Understanding, Healthy Boundaries & Self Advocacy in Relationships
 - To Handle Problem Solving, Conflict Resolution & Anger/Emotions Mgmt Issues
- **HEALTHY RELATIONSHIPS**
 - Establishing & Maintaining Healthy Relationships with males & other females
- **LEADERSHIP DEVELOPMENT**
 - Social/Interpersonal Skills, Character & Integrity, Discipline, Accountability, Responsibility, Presentation of Self, Goals Setting, Development & Achievement



Sharon Thomas, MS
Therapist/Group Facilitator

Change Begins with YOU!

Thomas Consulting

Sharon Thomas

215 Highland Avenue

Suite C

Haddon Township, NJ 08108

Ph: 215-292-5612

Ph: 856-854-3155 x162

sthomas@thomasconsulting.biz

www.thomasconsulting.biz