

Wilton  *Family* presents

GIRLS CIRCLE- STRUCTURED TALK GROUPS!

Help your teen or pre-teen succeed!

Girls are grouped by age (9-11) (12-14) and (15-17)

Here are some sample Topics and Activities:



Sample Topics:

Healthy choices
Body Image
Peer Relationships
Role Models
Goal Setting

Sample Activities:

writing activities
short plays
guest speakers
exercise activities
arts and crafts

and much more!

**Sign up for our free no obligation sample at the
Wilton Family YMCA on Monday March 29th:**

3-4 pm - Grades 3-5

4:15-5:15 pm- Grades 6-8

5:30-6:30 pm- Grades 9-12

Space is limited! Please RSVP to Gloria Bass by Friday March 26th

Call 203.762.8384 x207 or email: gbass@wiltonymca.org