

# BeYOUtiful Minds

Girls Empowerment Group



Come join us as we bring girls together to cultivate confidence by encouraging their inner strength. Our group will strive to empower young girls ages 12-15 through support, learning, enabling independence, and self-empowerment. Topics will include:

- Body Image
- Nutrition and Wellness
- Self-Expression and Self-Esteem
- Promoting Healthy Relationships (friends, family, partners)
- Boundary Setting

Hoag Mental Health Center

Wednesdays from 5:00-6:30pm, starting October 11, 2023.

In person. 8 sessions. Registration is required.

Location: Melinda Hoag Smith Center, 307 Placentia Ave, Suite 109A, Newport Beach, 92663

**For more information and to register please contact:**

**Hoag Mental Health Center**

**Telephone: 949-764-6542**



Melinda Hoag Smith  
Center for Healthy Living