



HEALTHY EARLY YEARS PRESENT

Building up Girl's Self-Esteem Zoom Sessions

**GROUP SESSION HOST:
ASHLEY BALLESER
GRADUATE STUDENT SDSU**

**OCT. 19, OCT. 26, NOV. 2, NOV. 9, NOV.
16, NOV. 30, DEC. 7, DEC. 14 |
3:00 P.M- 4:00 P.M.**

Age Group: 10-18 year old
Total Cost for 8 Sessions: \$40
(Scholarships Available)



BUILDING UP GIRL'S SELF-ESTEEM

What to Expect:

Understanding what Self-Esteem is.

Barriers that will discourage a girl's self-esteem.

Discussions and Activities that will help boost
self-confidence and leadership skills.

Learning Self-Positive Talks.

**Overall teaching self-love and respect to
oneself.**

For more details about the group session, contact
Healthy Early Years Clinic at (619)530-0122 or email
at healthyearlyyears@sdsu.edu.

You may visit the website, hey.sdsu.edu