

GIRL POWER OFFERS YOUR DAUGHTER CRITICAL SKILLS AND INSIGHTS TO DEAL WITH:

- Friendship issues
- Peer pressure
- School difficulties
- Negative thoughts
- Lack of confidence
- Body image concerns
- Moodiness
- Anger issues
- Family conflicts

"GIRL POWER" FOR MIDDLE-SCHOOLERS

If you have a daughter age 10-14, you know how difficult this phase of her young life can be. She faces a range of challenges – from friendship troubles, school stress and self-esteem issues, to family conflicts and moodiness.

- *Have you tried talking to your daughter, only to have her shut you out?*
- *Have you tried traditional therapy for your daughter without success?*

DISCOVER A PROACTIVE AND POWERFUL PROGRAM THAT EQUIPS YOUR DAUGHTER WITH ESSENTIAL SKILLS FOR SUCCESS

With Girl Power, your daughter can connect with an experienced professional in a nonthreatening environment, and learn practical skills that will help her deal with the specific challenges she is facing.

Girl Power focuses on facilitating the major transitions from elementary to middle school, and from middle school to high school. These are critical points in your child's life that involve changes in long-standing relationships, and are often filled with both anxiety and anticipation. During this time, your daughter has a great need for both emotional support and autonomy. With the right guidance and tools, she can make her way through this period with self-assurance.



GIRL POWER HELPS TEACH YOUR DAUGHTER A WIDE RANGE OF VALUABLE SKILLS, INCLUDING:

- Communicating clearly
- Constructive problem solving
- Building self-confidence
- Strengthening resilience
- Negotiating peer interactions
- Navigating family interactions
- Healthy expression of emotions
- Understanding personal strengths
- Identifying areas for self-improvement



**MEET THE DIRECTOR OF GIRL POWER
PEARL BERGER, LCSW, MSW**

Pearl Berger is a licensed clinical social worker who specializes in treating individuals who struggle with a wide range of emotional difficulties. Ms. Berger has extensive experience working with adolescents on building self-esteem. She works collaboratively with each patient – setting goals and empowering them to achieve success and happiness. Ms Berger is known for exhibiting a gentle and compassionate manner that invites participation and growth.

Over 20 years of experience

Masters of Social Work: Fordham University

Spokeswoman: In local news media

Member: National Association of Social Workers;
National Eating Disorders Association

HOW GIRL POWER WORKS

STEP 1 – GETTING STARTED

You and your daughter will meet with program director Pearl Berger for an initial consultation and assessment. Based on information gathered during this time, Ms. Berger will design a program to address your daughter's specific challenges and meet her individual needs and goals.

STEP 2 – SKILL BUILDING

Next, your daughter will meet one-on-one with Ms. Berger, who delivers the program in a relaxed setting that helps build trust and communication. Your daughter will discuss issues and learn new skills in a step-by-step fashion. Girl Power utilizes role-playing, individual challenges, open dialogue and skill building techniques.

STEP 3 – PARENT INVOLVEMENT

After 8 weekly sessions, parents are invited to meet with the program director to discuss their daughter's progress, and develop strategies for continued development of healthy self-esteem.

**Call program director
Pearl Berger at 914.939.7085,
or email her at PearlLB@aol.com**

Wilkins Center for Eating Disorders

Powerful solutions. Proven results.

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