



institute for *girls'* development

A Psychological Corporation

Empowering girls &
women for life through

Self-discovery

Embodied living

Hardiness skills

Growth-fostering
relationships



Psychological Services:

Individual, Family, & Couple Therapy

Group Therapy (Girls, teens & adults)

Dialectical Behavior Therapy Program (Teens, parents & adults)

Young Women's Program (Women in their twenties & thirties)

Parents Finding Solutions (Expectant moms & all parents)

Embodied Living Programs (Eating disorders & health challenges)

Psychological & Educational Assessment

Presentations, Workshops, & Trainings

Available through our Center for Education on Girls' Development

www.InstituteForGirlsDevelopment.com

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