



headspace
Toowoomba

Girls with a **PURPOSE**

The Girls with a Purpose is a group for girls only, and it has been developed to help girls gain life skills and provides an opportunity for them to develop their knowledge, resilience, and self-worth.

This is a talking and practical group that has various fun activities to promote self-esteem and identity development in teenage girls.

The sessions offer participants the opportunity to develop a wide range of personal learning and group-work skills.

The group covers a variety of topics such as:

- Respecting and valuing yourself;
 - Respecting others and working together;
 - Having purpose and helping others;
 - Being grateful; &
 - Having healthy responses and making good decisions.

Girls with a Purpose is being offered at headspace Toowoomba for girls aged 13-18 years.

If you are interested in participating in Girls with a Purpose, please speak to a headspace Toowoomba worker.



When

Various Times though the Year

Where

headspace Toowoomba
1 Snell Street, Toowoomba
07 4639 9000

Places are limited.