



Puberty for Girls!

REFRESHED
GROUP
CONTENT!!



Girl Talk: Navigating Puberty for Youth

"Girl Talk" equips neurodivergent youth with the knowledge and skills to navigate puberty with confidence.

Weekly on Tuesdays
May 7, 2024 - June 11, 2024
5:00 pm to 6:00 pm
900 Hopkins St. Unit 8, Whitby
lrcss.com/puberty



\$1,117.18 per participant

Welcome to "Girl Talk," a specialized 6-week interactive group designed specifically for neurodivergent youth aged 9-14.

In this safe and supportive environment, participants will learn more about puberty stages and the emotional, physiological and social changes that may arise.

PUBERTY FOR YOUTH (FEMALE PHYSIOLOGY)

For youth 9-14 with autism or intellectual disabilities.

Led by experienced facilitators, this group provides a comprehensive guide to puberty tailored to the unique needs of group. Through engaging activities and discussions, participants will explore topics related to emotional, physiological and social change, in a format that promotes understanding and empowerment.

TOPICS COVERED IN "GIRL TALK" INCLUDE:

- Physical changes during puberty
- Hygiene practices, including managing menstruation and using feminine hygiene products
- Emotional changes and coping strategies
- Building positive body image and self-esteem
- Understanding sexual identity and gender
- Exploring social norms and media portrayal
- Learning about sex safety, including the importance of consent

Throughout the sessions, emphasis will be placed on creating a safe and inclusive space where participants can ask questions, share experiences, and support one another. Facilitators will provide guidance and encouragement to ensure that all participants feel valued and heard.

TO ENROLL, email akennedy@lrcss.com / call 905-666-9688 ext 640 OR visit us at lrcss.com/puberty

*Note: Topics covered will depend on individualized assessments. Not all topics will be covered.

SCHEDULE

In-person participant Sessions

Weekly on Tuesdays 5:00-6:00 p.m.

- Parent Training & Treatment Session 1 - May 7 2024 (1.15 hrs)
- Treatment Session 2 - May 14
- Treatment Session 3 - May 21
- Treatment Session 4 - May 28
- Treatment Session 5 - June 4
- Treatment Session 6 & Post Treatment - June 11 (1.15 hrs)

By fostering understanding and self-acceptance, this group empowers participants to embrace their journey of growth and development.

